

Weekly Meditation
By Kathy Munn

Hot Water

I believe in getting into hot water. I think it keeps you clean. - G. K. Chesterton, English writer

Well, as some of you know, I do love a good bubble bath. But when it comes to "getting into hot water," I believe that, like some of you, I generally walk, if not run, away from negative attention.

I've had my share of uncomfortable conversations in the last week. Some turned out well - both parties stepping out of comfort zones to share their passionate opinions - keeping clean as Chesterton said in our quote. But I have also had moments of hot water caused by anger or fear, that I splashed around in - in some cases, surprising even me. I don't like that kind of surprise.

Yet even those emotional, negative hot water moments can be teachers for me. Sometimes it's the first time I realize when something is bothering me. I splash and sputter around and then later think "Wow, where did that come from?" And when I am willing to listen, I usually get the answer. It keeps me clean.

Prayer: It's been a bumpy week, God. Thanks for not allowing me to turn away. In this moment, I appreciate my connection to you and to others in my life. As the Psalmist prayed, so do I: "Create in me a clean heart, O God, and renew a right spirit within me." Amen.