

Weekly Meditation by Rev. Teri Lubbers

Spark of God

When we recognize the spark of God in others, we blow on it with our attention and strengthen it, no matter how deeply it has been buried or for how long. When we bless someone, we touch the unborn goodness in them and wish it well. ~ Rachel Naomi Remen, M.D., “My Grandfather’s Blessings”

If you have ever built a campfire, you know that there is a critical moment when you set the match to your little pile of paper, kindling, and dried leaves or grass. You learn pretty quickly that wood and matches and piles of crumpled newspaper aren't enough to make a fire; there must also be air. You learn to encourage the flame with your own breath, blowing gently – not too little, not too much – and patiently willing fire into being.

What we believe about God, what we believe about other people and what we believe about ourselves are all deeply and intricately connected. What we give our attention to, what we nurture and strengthen – in ourselves, others, and the world around us – is evidence of what we personally hold sacred. We have the power to bless, to actively seek and acknowledge the goodness in others. Our opinions we can hold lightly, others we can hold gently and with love. We are God's breath in the world, here to fan sparks into flame, here to bless and welcome goodness into being.

Prayer: God, I would nurture the becoming of your world, and the flourishing of goodness in it. I would be your living word of blessing today. May it be so. Amen.