

Weekly Meditation by Rev. Teri Lubbers

In-Between

Sometimes, to get from where we are to where we are going, we have to be willing to be in-between. One of the hardest parts of recovery is the concept of letting go of what is old and familiar, but what we don't want, and being willing to stand with our hands empty while we wait for God to fill them. ~ Melody Beattie, The Language of Letting Go

Curious how often we prefer to hold onto what is old and familiar – even when it is clearly not what we want - so long as we don't have to feel empty and feel like we have lost something. What's that about? Feeling empty doesn't feel like winning to us. And we are pretty conditioned to think that "winning" is the deal, the goal, the whole game. Surrendering, letting go, emptying ourselves, are experiences that don't really come naturally to us. Getting, acquiring, being attached to things is more our style.

But here's the deal. When my cup is already full, it doesn't leave much room for Spirit to move. What if these in-between spaces - which can feel so empty - are really gateways to freedom and joy? Take a chance. Let go. Wait. See what Spirit will do.

Prayer: Creator, let your spirit move over the waters of my life and create me anew. Let me not be so attached to the familiar and the comfortable that I miss the amazing. Amen.