

Weekly Meditation by Rev. Teri Lubbers

Grace, Mystery, Adventure

It is natural, even instinctive to prefer comfort to pain, the familiar to the unknown. But sometimes our instincts are not wise. Life usually offers us far more than our biases and preferences will allow us to have. Beyond comfort lie grace, mystery, and adventure. We may need to let go of our beliefs and ideas about life in order to have life.

~Rachel Naomi Remen, MD “Kitchen Table Wisdom”

In my high school, they administered an inventory test that was supposed to tell you what to be when you grew up. I devoted as much attention, thoughtfulness and honesty to that test as I could muster. I was excited and could hardly wait to get back my results. What would it tell me? What could I be? Imagine my disappointment when the test results said I could be just about anything I wanted to be! I hoped that someone else could narrow the field for me.

Life offers us more options than we could possibly live out in multiple lifetimes, but sometimes all that wide-open space frightens us. Sometimes the comfort-demands, life-style-demands, religious-demands, or expectation-demands we carry deeply embedded in our psyches create so many barriers to living life, that we never get to taste the mystery and adventure that lie just beyond our comfort zone, or the grace that awaits just beyond tidy ideas of how life is supposed to be.

If we say to ourselves, “I will only have life on my terms” then we might as well shutter the windows, nail shut the doors and curl up in a dark corner. But with just a little willingness, with just a little courage to taste the unknown and risk the adventure, life on life’s terms will not leave us wanting. It may leave us breathless, surprised and amazed, but not wanting.

Prayer: Creator, may the light of your presence guide me into the life you dream for me. Amen.