

Weekly Meditation, January 13, 2010
By Rev. Teri Lubbers

An Image

How long will grown men and women in this world keep drawing in their coloring books an image of God that makes them sad?... It is a lie – any talk of God that does not comfort you. ~Meister Eckhart, from “Love Poems from God” translated by Daniel Ladinsky

The images we hold of the Divine give shape to every thing we do, whether we are conscious of it or not. I invite you today to write down everything you wish God was. Then write down all the things that you believe about God that trouble you. Put the first list in a safe place where you can refer to it often. Burn the second list. Let it go.

I am not saying that we make God up. I *am* saying however that God-images that make us feel afraid or sad or shamed or unworthy are not of God. Although we are often less-than-gentle with ourselves and others – judgmental or critical or demanding perfection – God is not. God is just looking for a tiny opening, a bit of willingness to burst into our lives and break us open, set us free.

Spirit continually moves over the chaotic waters of our lives to create us anew, to awaken and stir us up to this amazing life we have been given, to its possibilities and promise. Our wildest dreams are pale compared to what God is dreaming for us.

Prayer: Beloved, help me to let go of ways of thinking about You that hurt me or others. I want to know You as You are; I can't do that alone. Help me experience your Presence today. Amen.