

Weekly Meditation September 1, 2010
By Rev. David Wynn

Learning To Swim

I was tapped this week to cover the devotional for Rev. Teri as she has been away for some R and R...big shoes to fill. As Spirit would have it one of the Saints among you sent this along to me from Iyanla Vanzant's book "Until Today". It is about faith...and right on time! Enjoy! - Rev. David:

I am faith-filled and fear-free because...I am learning to swim through painful experiences.

If you have ever watched a child learning to swim, you have witnessed faith in action. It is obvious that the child, standing before the pool or the ocean, is thinking, "I'm not going in there!" With a little support, the child may eventually stick his toes in the water. If the water is warm, he can be enticed to put one whole foot in the water. That is enough for the first try. On the next try, you might see the child stand in the water up to his knees. If he happens to feel particularly safe or confident, he might let his butt get wet. That is quite enough. Step by step, day by day, with the right kind of support and encouragement, the avid non-swimmer will eventually immerse his entire body in the water. The real test comes, however, when he is knocked down by a wave or when a nearby swimmer splashes water in his face. In that moment, the little swimmer must decide whether or not he can conquer the challenge, the fear, of having water up the nose.

Those of us who are not living fully because we are afraid of the deep waters of heartache are just like the child learning how to swim. We must learn to do it step by step. Should we get knocked down or splashed, we must decide in that very moment whether or not we will continue swimming. Fortunately, faith is the lifeguard on duty. Faith can pull you out of the water. Faith can help you dry off your face. Faith will watch over you as you try again, step by step, until you learn how to swim on your own.

Until today, you may have allowed difficult experiences and painful memories to keep you out of the sometimes turbulent waters of life. Just for today, stick one body part in the water. Do one thing you swore you would never do again. Let faith hold you up as you swim through it.

Prayer: Holy One help me today to live by faith and open myself to a fuller experience of life!