

Weekly Meditation by Rev. Teri Lubbers

God's Lap

Perhaps the most important thing we bring to another person is the silence in us. Not the sort of silence that is filled with unspoken criticism or hard withdrawal. The sort of silence that is a place of refuge, of rest, of acceptance of someone as they are. We are all hungry for this other silence. It is hard to find. In its presence we can remember something beyond the moment, a strength on which to build a life. Silence is a place of great power and healing. Silence is God's lap.
~ Rachel Naomi Remen, M.D. "My Grandfather's Blessings"

I sometimes imagine sitting in God's lap. It is a curious thing...this God-with-a-lap never has a face for me. But my God-with-a-lap has a steady heartbeat, and arms that wrap around me in a protecting, sheltering way. Sitting there, something inside of me relaxes, unwinds, and settles. Only in the releasing do I realize how much I was carrying or holding on to.

People who accept us just as we are – without condition, without pretense, without agenda – are amazing and precious gifts. They are the ones who listen without judgment or advice, whose very presence opens up space for us, space that didn't exist before.

We know how it feels to be around people like that, but I wonder if we know that we, ourselves, have the same capacity to be present for another. It can begin with a willingness to listen to someone's story without always feeling compelled to tell a story of our own. People know whether we listen from the heart, or whether we listen because we are just waiting for our turn to talk. We can cultivate the silence within us.

Prayer: God, in your Presence I find strength. In your silence I find healing. In your lap I take refuge. Amen.