

Weekly Meditation, May 13, 2009
By Rev. Teri Lubbers

Who Are You? Discernment Continued...

*Trusting our ultimate full name in God helps to free us from becoming enslaved and limited by any names given us by others, or by ourselves. Such freedom in turn weakens our tendency to **ultimately** protect, justify, and identify with these self-images. Then the self-images become free to find their sane place in our functional daily living as transparencies, icons of our larger identity and purpose in God. - Tilden Edwards, Living in the Presence*

Who are you? If I were to answer this question I might say things like: mother, daughter, sister, aunt, lover, teacher, chaplain, mystic, seeker, writer. The world around us encourages us to adopt labels and images and then define ourselves and others by them. Pretty soon we are identifying with labels instead of our truest selves. We build walls with them and then hide out – from ourselves, from each other, from God.

As our church moves through this process of discernment and seeking guidance from Spirit, we begin first with ourselves. To know who we are as church, it helps to know who we are as individuals. So as you keep a journal over these next weeks consider and reflect on some of these questions:

- Who am I?
- Who is God calling me to be?
- Where am I stuck, afraid, uncertain or insecure?
- What am I holding onto that I need to let go of?
- What do I long for?

At the end of each day spend some time reflecting on one or two these questions:

- For what moment today am I most grateful? What moment least grateful?
- When did I give and receive the most love today? When the least love?
- What was the most life-giving part of my day? The most life-thwarting?
- When did I feel most connected with God, others and myself? When least connected?
- When was I aware of living in the Spirit? When was I aware of absence of Spirit?

Whatever comes up, invite Spirit into it, remembering that you are loved, that you are more than your self-images and that God is calling you into transparency and freedom.

If you were away this past Sunday I want to let you know that we have scheduled times to start our small groups for the discernment process and your presence is vital. Small groups will meet for about an hour at the church and will engage in prayer, reflection and interaction as we seek direction. You are invited to come to one of three groups – call the church or just show up:

- Wednesday, May 13, 7:00 p.m.
- Saturday, May 16, 9:30 a.m.
- Sunday, May 17, after church (probably about 12:30)

Last week I asked you to reflect on Psalm 139 and Romans 12. This week please reflect on Romans 14.

Prayer: Spirit, open my heart to know the self-images that are obstacles in my life. Free me from old conditioning and thinking that I may see with new eyes and new heart what you wish to bring into my life and into the life of our church. Amen.