

Weekly Meditation, July 15, 2009
By Rev. Teri Lubbers

Sheer Being

It's who you are, the way you live that counts before God. Your worship must engage your spirit in the pursuit of truth. That's the kind of people God is out looking for: those who are simply and honestly themselves before God in their worship. God is sheer being itself – Spirit. Those who worship God must do it out of their very being, their spirit, their true selves, in adoration. John 4: The Message

You and I live simultaneously in multiple dimensions – at least two. One is the world of form, the other the world of the formless. One is the world of the things we can see and touch, taste and smell; the other is unseen. One is the world of doing; the other is the world of being. These two realities are not antagonists; they are more like the yin-yang symbol; one flows into the other continually. The world of seeing is rooted in what cannot be seen. Our doing – which is meant to be a manifestation and expression of the Divine – is rooted in being.

If you have been to worship at Agape, you know that the reading for the day always ends with the words: *Hear what the Spirit is saying to the church.* This is a reminder that our worship is meant, ultimately, to be a listening to Spirit, engaging Spirit with our spirit.

The quote above is part of a conversation Jesus had with a Samaritan woman about where people are supposed to worship – at her local mountain in Samaria or at the temple in Jerusalem. Jesus never answers the question she asks, but he answers the question she longs to understand.

Worship is more than place. Worship is more than particular practices. Worship is more than beliefs. Worship is more than an hour on Sunday. Worship – our conscious connection to God – is returning to our Source. It is being simply and honestly who we are before God. No pretense, no holding back. Opening up in all our vulnerability and taking the risk to listen to Spirit. That's the kind of people God is out looking for.

Prayer: *God, I want to experience you at the center of my being. Clear away any obstacles to my knowing you and help me to be my true self today. Amen.*