

Weekly Meditation, September 2, 2009  
By Rev. Teri Lubbers

### **Unforced Rhythms of Grace**

*Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. ~ Matthew 11:28 (The Message)*

Almost sounds too good to be true, these words of Jesus. Almost sounds like an advertisement for an ocean cruise: get away from it all, escape your mundane life, leave your stress behind, we will pamper you.

But the words of Jesus are not words of escape. They are words of engagement. Every day the Divine calls us and invites us into relationship. A relationship that doesn't take us away from it all, but shows us how to show up for the lives we have.

I used to think that spirituality meant looking for the hardest task in the pile to accomplish in order to prove how much I loved God. I thought it meant treating myself less than gently because I needed to be “disciplined” to be pleasing to God. I thought that self-denigration was required to get God's attention. None of this was true.

God already loves us – before we have done, or not done, a thing. We are being invited to dance with the Divine. The Teacher wants to show us some new moves, rhythms of grace that will let us glide on the dance floor – freely and light on our feet.

Prayer: *God, teach me to dance today like no one's watching. Help me learn to love the life I have and discover in it your rhythms of grace. Show me how to do it. Amen.*