

Weekly Meditation June 2, 2010

By Rev. Teri Lubbers

Come Home to Your Heart

Yeshua reminded the Samaritan woman that prayer is not dependent on any sacred place, whether in Jerusalem or on Mt. Horeb (the sacred mountain of the Samaritans). Thus he led her back to her own heart, the dwelling-place of I AM. Christianity is ...a path, which not only leads outwardly with rituals and righteous actions, but also inwardly, "where the rivers of the living waters flow" – where the tides of life and breath both support us and carry us beyond. ~ Jean-Yves Leloup, "Compassion and Meditation: The Spiritual Dynamic between Buddhism and Christianity"

The story of the Samaritan woman to which this quote refers is found in John 4. It is the longest dialogue that Jesus has with anyone in the gospels. My favorite part of the passage is when Jesus says this radical thing: God is Spirit and God is looking for those who can worship in Spirit and Truth (literally in "breath" and "wakefulness").

We look for Spirit in lots of places but sometimes forget to look where Spirit most resides – in our own hearts. Ours is not a faith practice of "gathering" so much as it is of "emptying". We are already deeply connected with Spirit, where living waters flow, where breath supports and carries us. Spiritual practice is about letting go of all that would block that flow. About getting quiet enough to hear the voice of Spirit within. About coming home to your own heart.

What keeps you from listening? What distracts you from your deepest longings? What might change if you got still? If you are very, very brave...

Prayer: Creating God, Help me to quit hiding from you and just come home. I know you love me. I trust you to guide me through this day. Remind me to breathe and help me be awake today. Amen.