

Weekly Meditation August 11, 2010
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God Working in Us

Be energetic in your life of salvation, reverent and sensitive before God. That energy is God's energy, an energy deep within you. God's own self willing and working at what will give God the most pleasure. ~Philippians 2:12-13, The Message

We try pretty hard to do the right thing, every day. Sometimes doing the right thing is exhilarating and sometimes it is exhausting. But we try to be energetic about what we do, bringing the best of what we have on any given day. What I like about the passage above is that it reminds me that I'm not the only one working here! On the days I get what it's saying, I find that being sensitive to God is recognizing that Spirit will provide the energy for the work in front of me. I don't have to do it alone. In fact, it will go much better if I *don't* try to do it alone but learn how to tap into the energy deep within, where God resides in us.

I confess that there are times that I do what I learned in Alanon, I "*take what I like and leave the rest.*" Which is to say, sometimes what is helpful to another may or may not be helpful to me, but it's okay to take and use the helpful parts and leave the rest behind. I may even find that down the road parts I didn't think were helpful turn out to be. But I get to decide in the end, what feels helpful. I know words like "salvation" and "reverent" can be loaded words for some, words that might not feel helpful but can make us feel less-than, like we aren't doing enough. But what if we substituted the words, "wholeness" and "experience awe" so that the verse reads: *Be energetic in your life of wholeness, experience awe and be sensitive before God.* Hmm, something shifts a little for me when I do that.

Today try to be as energetic about your own wholeness as you are about your work. Be present for those little moments of awe that cross your path unexpectedly and awaken your spirit to God's Spirit. God is working in you...

Prayer: Creator, help me get out of the way today so that you can work in and through me. Thank you that my wholeness matters to you and help me to be sensitive and awake to your energy today. Amen.