

Weekly Meditation by Rev. Teri Lubbers

Risking it All

One of the biggest obstacles we create in our lives is our resistance to change. Most of us combat change from the day we are born until the day we die. Knowing that change is inevitable doesn't stop us from fighting it. We want stability everywhere and think that's the way to security. We want all of our friends, our lovers, our jobs to remain the same. That way, we think, we'll be safe. ~ Terry Cole-Whittaker, "What You Think of Me is None of My Business"

I believe safety can be overrated.

Don't get me wrong...in the car, wear your seat belt and buckle in your kid. When using oxygen don't light a match. When cleaning house don't mix ammonia and bleach. Some foods are good raw but others should always be cooked. Know the difference.

In our desire to feel safe and secure, we convince ourselves that it is possible to avoid risk and change. But everything is constantly changing; it is the nature of our existence. If you observe that something never moves, it either was never alive, or else it was once alive and now is dead. Avoiding change doesn't keep us safe, it just keeps us stuck. There is risk involved in becoming our fully human and fully divine selves.

Jesus, purveyor of paradox, reminds us that the harder we try to keep everything in our lives the same – resisting the dynamic nature of everything – the less we will actually taste and experience life. In fact, we might completely miss out on why we are here...

Prayer: Holy One, free me from all that binds me and give me the courage to love you recklessly. I am yours. Amen.