

Weekly Meditation by Rev. Teri Lubbers

Giving Birth

Yeshua says: When you give birth to that which is within yourself; what you bring forth will save you. ~ The Gospel of Thomas, Logion 70, translated by Lynn Bauman

Jesus (Yeshua) spent quite a bit of time sharing what he believed mattered most. He shared what he thought WAS NOT most important: trying to be the most righteous or superior person in the group; amassing fortunes or property; believing “the answer” to life could ever reside in a mere set of rules. Time and again he spoke of what WAS most important: recognition that the Realm of God is right here inside us, valuing singleness of heart and purpose in how we treat ourselves and others, remembering to stay awake, alert and ready. He taught wholeness. He taught people to trust their own hearts.

Whether we are birthing a child, a poem, a song, a garden, a painting, a way of thinking or of being in the world – birthing and creating are part of who we are. It is one of the surest ways that Divine shows up in us. We are co-creators with God, meant to bring something of ourselves into the world in which we live, and find ourselves embodied. We are meant to fully occupy ourselves, not just go through the motions, not just replicate the conditioning we have absorbed up to this point, not just parrot back what we have heard from someone else.

We are being called to give birth to that which is within us – perhaps something we have barely imagined or hoped for. Something we have only seen as a shimmer of light in the dark, or a longing that feels like homesickness, or a presence that quiets our restless heart. Sometimes it seems elusive, sometimes we think we have imagined it or people will think we are nuts. But we are called to bring it into being. Our salvation does not lie outside us...we have been carrying it along the whole way...

Prayer: God, teach me what it means that your Realm is already inside me. Teach me to trust your voice within me. Amen.