

Weekly Meditation by Rev. Teri Lubbers

Embodied Spirituality

But for everyone, spirituality is not what we do to satisfy the requirements of a religion; it is the way we come into contact with the Holy. However we do it, whatever form or shape it takes - the mantra of devotions, the rhythms of nature, the faces of the other, the mysterious nothingness of deep meditation - spirituality makes real what religion talks about.

~ Joan Chittister, "Called to Question"

I used to teach math in junior and senior high school. What guided how I taught was a core belief that if kids learned how to think - logically and critically - then math would come naturally to them. I taught them to recognize and use patterns. Once they saw the pattern they could generate the information they needed rather than trying to memorize lots of discrete information. I gave them opportunities to look at number relationships and figure out how they were connected. It took a little longer but when they "got" it they didn't forget.

I had a very bright young man who came for extra help. After struggling to make sense and find the pattern on a problem he said in exasperation, "Can't you just tell me the rule?" He didn't want to learn to think and reason, he just wanted to memorize a rule that would tell him what to do and give him the right answer.

Some of us approach the Divine in much the same way. Loving God is more than just following the rules. We find ways to have contact with the Holy, we learn to love and let ourselves be loved.

It is no surprise that Jesus concludes (along with spiritual teachers of every tradition) that love is the most important thing, perhaps the only thing. When love is the generating pattern of our lives, then the good that is ours to do reveals itself in every situation. Embodied spirituality.

Prayer: Help me see the opportunities that cross my path this day, and then grace me with the courage and strength to love well in each one. Amen.