

Fourth Sunday of Lent-March 31, 2019

HEALING

“Your brother was dead and has come to life again..”

BEING HUMAN IS A PERILOUS PROPOSITION.-I break so easily. A faulty gene can preprogram me for disaster.- The slightest microbe can take me down.- Stress can take me apart, - physically,-mentally,-and emotionally. –A fall,-a bump, - a tiny mistake, can change the pattern of my life in a heartbeat.

And what of the pain of living that doesn't involve collisions with germs or vehicles? – What of the anguish I feel in loneliness, -abandonment,-betrayal,-shame,-rage,-or frustration. And let's not discount existential suffering : not finding my purpose,- my place,- my true community,-where I receive acceptance ,-effortlessly? I may also seek healing for the spiritual pain of knowing I have done wrong. –I say words hard to take back.-I make choices that cause irreparable harm.-I may exhibit a version of myself tough to live down. Can I who once was dead be restored to life once again? Can I in my many shades of blindness, hope to see more clearly?

FOR CONTEMPLATION .

“There are three routes to healing:

- 1)I must let the pain visit.
- 2) I must allow the pain to teach me.
- 3) I must not allow the pain to overstay”

PRAYER

Lord, forgive me my offences, heal my wounds and restore me to healthy relationships.

AMEN.