

Weekly Meditation, September 30, 2009

By Rev. Teri Lubbers

Survival

This week's meditation is just a short reading from Anthony deMello, who was a Jesuit priest in India. It comes from his book entitled, ***One Minute Wisdom:***

Each day the disciple would ask the same question: "How shall I find God?"

And each day he would get the same mysterious answer: "Through desire."

"But I desire God with all my heart, don't I? Then why have I not found him?"

One day the Master happened to be bathing in the river with the disciple. He pushed the man's head underwater and held it there while the poor fellow struggled desperately to break loose.

Next day it was the Master who began the conversation. "Why did you struggle so when I held your head under water?"

Because I was gasping for air."

When you are given the grace to gasp for God the way you gasped for air, you will have found him."

I was thinking of the song we sometimes sing in church....*you are the air I breathe...*

Prayer: Maker of All, I long for you today. Help me to stay awake and not let the events of this day lull me back to sleep. Help me to stop struggling and just breathe. Amen.