

**Weekly Meditation by Rev. Teri Lubbers**  
**April 27, 2011**

**Love Like Water**

***Most things break instead of transform because they resist. The quiet miracle of love is that without our interference, it, like water, accepts whatever is tossed or dropped or placed into it, embracing it completely... In truth, the more we let love flow through, the more we have to love. This is the inner glow that sages and saints of all ages seem to share: the wash of their love over everything before them; not just people, but birds and rocks and flowers and air. Beneath the many choices we have to make, love, like water, flows back into the world through us. It is the one great secret available to all. ~Mark Nepo, "The Book of Awakening"***

Water is a great teacher. I have learned in difficult times to ask myself "what would water do?" Kind of a take-off of "what would Jesus do?" Here's the deal. Water is not a respecter of persons, has no favorites, does not judge or criticize. Water just flows. It follows gravity to the lowest places; it fills all the small spaces, deep places, crevices nothing else can get to. For water it is simple: just flow. Water embodies humility, powerful but with no self-serving agenda.

Yesterday I hugged a total stranger in an elevator. I heard her sniffing and blowing her nose and I asked if she had allergies. She said, No, that she had just come from the lawyer because she is going through a divorce after 35 years of marriage, and that it was not her choice. I told her I was a chaplain (I had my badge on) and asked if she would like a hug. And she let me hug her! We spoke briefly as we got to the parking lot and I hugged her again. A little moment of love, unexpected and unlooked for.

We decide multiple times a day whether we will let love – and indeed our lives – be like water. Whether we will let love flow freely to us and through us into the surrounding world. It is a paradox that the more love we give away the greater the supply. How does Love – God's very nature – flow into the world? Through you, through me. Through our hands and feet, eyes and ears, through every thought, every gentle word, each gesture of affection, every simple act of kindness or radical act of justice. Love will always find a way, and that way can be through us if we will let it.

**Prayer: Beloved, may your love flow easily to me and through me. Help me to transform, and not resist what love might be and do in me today. Amen.**