

Weekly Meditation by Rev. Teri Lubbers

June 8, 2011

An Adventure

Have some fun – with life, with the day. Life is not drudgery; that is an old belief. Let go of it. We are on an adventure, a journey. Events will come to pass that we cannot now fathom. Replace heaviness and weariness of spirit with joy. Surround yourself with people and things that bring lightness of spirit. Become sensitive to lightness of spirit. The journey can be an exciting adventure. Let yourself enjoy it. ~Melody Beattie, “The Language of Letting Go”

Adventure: an exciting or extraordinary event or series of events; the participation or willingness to participate in things that involve uncertainty and risk.

Many of us don't venture out too far beyond the familiar because we don't like uncertainty, we don't like risk. What we forget is that everything in our lives involves some risk. Even if we stay shut up in places we think we are safe, there is still risk: the risk that we will miss out on our own lives.

When you go somewhere you have never been, there is always the risk that you might get lost, might make a wrong turn along the way. But the truth is that if you are at least on the journey it's possible to make those little corrections, the ones that get you back on the path to where you want to go. There are maps and GPS's and people from whom to ask directions. There are no such corrections possible if you never step foot on the path. It's true you don't get lost but it's also true that you never go anywhere either. Sometimes the unexpected detours are the most interesting part of the journey...

Prayer: God, lighten my spirit today. Help me release any heaviness or weariness I carry. Help me be a curious traveler. Help me find the out-of-the-way places where joy resides. Help me...Amen.