

Our Insecurities

Thoughts about the meaning of Lent ...

Old insecurities come to the forefront when we least expect them, and they threaten our sense of well-being.

As we move through the "Season of Lent", we are invited to acknowledge the darker side of our existence, and leave those difficult things along the wayside. It will help us find more peace and joy in our lives.

"I used to lie awake worrying about what I'd done." James Taylor wrote as he paraphrased Psalm 32 in his book "*Everyday Psalms*". "My conscience tormented me. I couldn't concentrate. I was terrified of being exposed ..."

Taylor tried to express traditional scripture sentiments in more contemporary ways. "So I went to God and confessed. I made no excuses to myself; I didn't hide anything, and God forgave me ..."

The writer stopped thinking of life as a burden and opened himself to the newly discovered freedom of God's blessing.

"God's grace renews my strength; it gives me a second chance. God says (to us) 'I will teach you to take charge of your behaviour ... you have a mind; you can think; you can anticipate consequences before you act ... (so) let God coach you through life.'"

In other words, from the beginning God's Original Blessing is made available to all that has been created. But when we find ourselves caught under the heavy clouds of doubt and despair we become convinced that life is a burden.

Lent gives opportunity to re-examine the negatives that cloud our judgments and our lives.

Be re-assured, beyond the storm clouds lie the rainbows of hope, and the promise that God created us for finer things. We can celebrate life when we know we've inherited the promise of a gracious Creator.

"Start today by smiling at the mirror. See how it smiles back."

(Written by Joyce Sasse, February 2010)