

How's the Weather?

Weather is constantly changing and affecting our lives. Sometimes it's overcast; next, it may be sunny and cool; sometimes, big storms come and it rains and rains, creating floods. When weather is unpleasant, we must put up with it, dress accordingly, and do our best to adapt to it. If we really dislike gloomy weather and usually feel gloomy when thick clouds are blocking the sun, we are allowing an external force to order our mood and we need an adjustment.

Pray, for God is always with us.

Like weather, the winds of life are always changing. Some days, nothing seems to go right; or we have too much to do and too many people are waiting for us to get back to them; or no one calls and we seem to have disappeared from the planet; or a family member takes ill and needs us; or someone we were depending on doesn't come through; or we just feel out of sorts and blah. Life is always blowing hot and cold and everything in between. If we are anxious about life, if we are easily buffeted by the changing weather of life, we need to develop one-pointedness and determination. To live with the realization that life is always changing- helps to keep us focused on our goal.

Pray, for God is always with us.

Adjusting our attitudes and taking practical measures to regain our balance and direction, rather than getting stuck in a reaction of upset, is crucial if we are to successfully make headway and practice spirituality. Adjusting is not giving up or fighting, but shifting our attitude, our mode of operation, keeping a sure, strong center.

Pray, for God is always with us.

Adjusting entails an acceptance of love and respect for reality – both the physical reality of the world and the reality of our makeup and those people in our world. Adjusting to the weather and the weather of our life is, in a sense, an austerity. An austerity is physical or mental hardship for purification that can bring us closer to God. The idea is to undergo the hardship while remaining one-pointed on God. When life is

tough and we have to adjust perhaps it is to gain forbearance, patience, inner strength, flexibility, or the ability to withhold criticism. Understanding this will help us to develop spiritual maturity. So when times are hard, when we are being buffeted by the strong winds of life, remember “This too, shall pass,” then make whatever adjustments we can to deal effectively with the situation.

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This message is based on writings in the book “BLISS” 33 Simple Ways to Awaken Your Spiritual Self by Michael Goddart

In praise of our ever-present God,
Mary Lou

***The grace of the Lord Jesus Christ be with your spirit.
Philippians 4:23***

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