

Spiritual Reflection for April 2019

Be Ready

Sometimes I am not ready to get up in the morning. I wake up a half hour or even an hour before *my* scheduled time to get up and then I wrestle with the covers determined to stay in bed. I justify my resistance by previewing in my head the long day ahead or the commitments I have for the evening and demand that I be allowed to go back to sleep. Have you ever done this? Let me share with you what I have learned (or rather keep learning) about what it means to be ready.

When I insist on staying in bed I inevitably have something extra happen in my day, something I did not expect and could not have prepared for. Ultimately, my insistence that I am not ready ends up causing me stress and I spend a great deal of energy wishing I would have trusted that I was ready to get out of bed.

Being ready is different than being prepared. Being prepared focuses on personal strength, organizational skills, and the ability to predict outcomes. Being ready requires trust in something bigger than you. To be ready for what life brings your way you must trust that you will have what you need available to you at the time you need it. It is not anticipating what lies ahead, but rather trusting that what lies ahead will come with the support needed to deal with it. In my example, I would be trusting I would have the energy I needed for the long day ahead.

Our society is pretty good at preparing for events. We pre-plan everything from birthday parties to funerals. We set aside money for college and vacations. We stock our vehicles with shovels and salt in the winter and extra water in the summer. Being prepared is a good thing to do. However, it is not a substitute for what we need in order to be ready for whatever life brings.

Have you known people that seem to bounce back from tragedy? Do you know someone who carries a sense of calm about them everywhere they go? These individuals know what it means to trust in something bigger than them and they put this belief into practice. They trust in the Holy Spirit within them to guide them through their days and nights. When I bring myself out of bed when I am awakened regardless of the time, I carry a sense of calm within that comforts me throughout the day.

I have used the example of getting out of bed because I think most people can relate. I realize that it is a trivial example compared to the challenges we need to be ready for like; unexpected illness, death of a loved one, loss of a job, natural disasters etc., which really require us to be ready. There is no way we can fully prepare, no way. But we can be ready.

We can put on the armor of truth, righteousness, faith, readiness and salvation that will protect us from the forces of evil and provide us with protection against despair (Ephesians 6). We can build a relationship with God, our higher power, or our inner spirit and trust we will have what we need to move through life one day at a time.

The next time you are preparing for a trip or an event do not become complacent to the fact that there are some things you cannot anticipate. These things will blindside you. They may not be easy to work through, but if you have a strong trusting relationship, a spiritual connection, a constant connection with your higher power, you will be ready.

Questions to ponder:

What is my experience with being ready?

How would I define the difference between being ready and being prepared?

When do I resist the call to rise to the challenge?

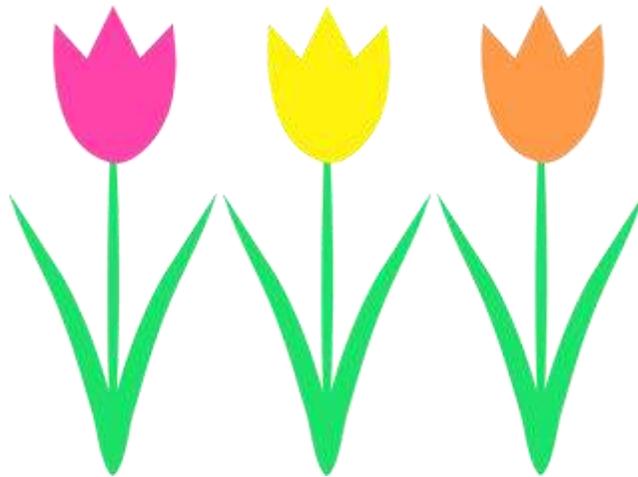
How can I be ready to live my life whatever comes my way?

How am I strengthening my protective armor?

May God's Peace Be With You,

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I invite you to read: Ephesians 6:10-18



Happy Easter