

SPIRITUAL TASK—POWER UNDER CONTROL (Matthew 5)

by the Rev. David Roth at the New Church of Boulder Valley

Story The Sermon on the Mount begins by the Lord outlining what the true blessings of our life are. Today we discussed the third one: “Blessed are the meek, for they shall inherit the earth.”

Meaning The third key to happiness is learning and practicing to make a considered, well reasoned response to the things that happen around you rather than being reactionary. Acknowledging that we have choice at all times about how we will react. Meekness is power under control.

Task This week practice being mindful of the things that happen around you. Practice not losing control of your emotions. If something happens that would normally trigger an angry response, for example, do four things. 1. Stop all action—do not respond yet. 2. Breathe a few times (deep breaths are best). 3. Say to yourself, “I have a choice here. Choose wisely.” 4. Proceed with caution.