

## **SPIRITUAL TASK – SELF DESTRUCTION** (Exodus 7-13)

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

**Story** Moses and Aaron confronted Pharaoh with a message from the Lord that he was to let the children of Israel go from slavery. Pharaoh wouldn't listen and refused to let the people go. And so begins a series of plagues.

**Meaning** In the spiritual meaning of the Word these plagues illustrate what happens if we ignore the truth and our higher nature, and instead listen to our senses. These plagues are not punishments from God. They picture spiritual conditions we bring upon ourselves. They illustrate our progression toward increasingly more tragic states of disorder, pain, and unmanageability when we don't make an effort to change the things we know we need to in our lives.

**Task** Do you remember when you had a single-minded passion for something (learning an instrument, a sport, traveling)? This week use that single-mindedness to resist that one thing in your life that you want to change (we all have one we know about). Stop all thought, action, and intention concerning it. Say, "Although I am thinking about (blank) I will stop because it is against the Lord's will." See how things change for you.