

SPIRITUAL TASK – THE PASSOVER (Exodus 12)

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

Story Before the last plague, the death of the firstborn, the Lord gave the children of Israel instructions on how to prevent the plague from striking their households. They were to eat a feast of Passover, roasted lamb, unleavened bread, and bitter herbs. They were to paint the doorposts and lintel of their doors with blood as a sign, and to be ready to go (sandals, belt, staff, etc.)

Meaning The Passover feast was instituted as a way to remember how the Lord freed the children of Israel from slavery by a mighty hand (all the plagues). For us it is a reminder that it is the Lord who fights for us, protects us, and leads us through our temptations to spiritual freedom—by means of His love and wisdom. But the Lord needs us to guard the door to our minds with truth from innocence (blood from lamb on doorposts and lintel.)

Task This week make a real effort to guard the door to your mind. For this entire week try not taking in any TV shows or movies, magazines, Internet stuff, etc. that you wouldn't let a five year old child watch or see. Take note of any changes you feel in your mind or perspective.