

SPIRITUAL TASK—THE POWER IS THE LORD’S (Mark 3)

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

Story There was a man in the synagogue where the Lord was that suffered from a withered hand. The Lord told him to put forth his hand. When he did it was restored.

Meaning This is a small story with a big meaning. Hands in the Word are symbols for power. If we try to do things from self power and control our power is diminished and withered or weak (the withered hand). But when we do things because the Lord says so, or do it because it is the right thing to do (putting forth his hand at the Lord’s command) our lives have strength and we have the power to do good and to be truly useful.

Task This week begin the practice of letting go of control and the accompanying belief that you are the source of power in your life. Begin the day by saying something like, “Lord, I am not the source of power, You are. Help me in this day to look for Your will and to step into it, knowing that you are leading me to what is good, even if the path to it is different than I would have expected or fashioned.” Remember to take deep breaths.