

## **SPIRITUAL TASK— THE PROBLEM WITH WORRY** (1 Samuel 13)

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

**Story** King Saul is facing an enormous army of Philistines with his own tiny army. Saul was instructed to wait for seven days for Samuel to come and offer a sacrifice before going to battle. His men are afraid—they are said to tremble, to hide, and Saul indicates that some soldiers are leaving him because of their fear. Saul gets impatient and offers the sacrifice himself. Samuel immediately comes afterward and tells Saul that the kingship will no longer be his because he broke the Lord's command by not waiting.

**Meaning** This story pictures the difficulty we have finding patience or contentment within ourselves. The Heavenly Doctrines offer these reasons: "Those have care for the morrow who are not content with their lot; who do not trust in the Divine, but in themselves; and who have regard for only worldly and earthly things, and not for heavenly things." [AC 8478]

**Task** Whenever you feel regret or anxiety, observe any connection with the past or future, let go, and bring yourself into an awareness of something positive in the here and now. Say to yourself, "This present moment is eternity. I am in the perfect place at the perfect time."