

SPIRITUAL TASK – THREE FEASTS (Exodus 23)

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

Story The Lord commanded the Children of Israel to observe three feasts as ways of remembering what the Lord has done for them. The feast of unleavened bread, the feast of first fruits, and the feast of ingathering.

Meaning These three feasts are important reminders for us. The feast of unleavened bread is a reminder of how the Lord withholds us constantly from evil and inspires us with good. It invites us to be aware of any falsities or lies in our lives and to shun them. The feast of ingathering reminds us that all good is from the Lord. It invites us to give the best we have to offer to the Lord. The feast of ingathering reminds us to be grateful for all the gifts of our lives. It invites us to show gratitude and thankfulness.

Task This week pay attention. Pay attention to any lies you buy into. Give them up. Pay attention to how much quality time you devote to the Lord, learning of Him and obeying Him. Double it. Pay attention to how often you express gratitude daily to the Lord and to others. Express gratitude for everything you can. See if your heart opens up this week.