

Monday, 3 May 2021 – Weekly Inspiration from Rev. Jason

I was recently reminded of a reflection by Mary Oliver: "It must be a great disappointment to God if we are not dazzled at least ten times a day."

And how easy it is to be so caught up in our daily demands that we forget to stop, and let ourselves be dazzled in the moment. We wake up with thoughts of what we need to do in the day. We go to bed thinking of what we didn't get done, and what more we will have to do the next day. We move from one task to the next to the next, often without slowing.

And yet, we are reminded to be dazzled. The taste of our first sip of coffee or tea in the morning. The light of the sun on the green of the trees. The sound of the waves on the shore. The joy & laughter of time with family and friends. We have many chances to be dazzled, but often forget to take advantage of them.

There are numerous references to living in joy, but the Psalms especially are filled with them. David, even in the midst of challenges, knew the depth of finding moments of joy in God. In Psalm 43, he writes, "O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling. Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God. Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God" (Psalm 43:3-5).

I extend to you Mary Oliver's challenge this week: may we each find ten times per day to be dazzled by God, and the joys which surround us!

Prayer: Lord of Life, may my life be filled with the awareness of your presence, and the goodness that comes from your gifts. In joy, may I praise you each day, and extend your joy to others. Amen.