

## Reflection Wednesday Week 11 2022

One minute Elijah leads us to understand that God is found in the smallest and lowliest of places, a gentle breeze. His entry into heaven reveals the presence of God in the spectacular and extraordinary, represented by a fiery chariot. It is the same God who is the source of both these stories. Like all the prophets and subsequently the disciples of Jesus, they saw themselves as instruments or conduits of God's grace and power. When Jesus sent out his disciples to preach the Good News, he emphasises that they are instruments whom God will use in wonderful ways. For this to happen it is key that they do not focus on themselves or believe their achievements are due to them not to God. Focusing on ourselves in our actions we do not allow God a place in our lives.

Macrina Wiederkehr offers several suggestions to help us become aware of the many ways in which God can teach us through the everyday events of our lives:

- All work (*even menial tasks*) can become a joy rather than a burden.
- "Practice" is one of the most important words in the spiritual life.
- It is harmful to my soul to judge others.
- All moments of waiting can become moments of keeping vigil.
- The book of the earth is as holy as the book of scripture.
- I am happiest when I am able to surrender my own will.
- If I am not happy with what I have, I probably won't be happier with more.
- Even if I don't agree with someone, I can learn much by listening to them.

**My doctor just diagnosed me with a severe lack of awareness.** That came out of nowhere!  
**I told my friend I have an acute sense of when a deep hole with water is nearby. He said that's a useless ability. I said: I'm well aware**