

Reflection Monday Week 14 – 2023

Many stories in the Old Testament show God choosing the least likely person to help create a people for his own possession. Jacob is the younger brother of Isaac's two sons. He had stolen the birthright of his brother Esau, and today we find him being chosen by God to lead his people. What is of interest is that Jacob chose to call the place of his encounter Bethel – the house of God. We might more commonly call this kind of place a Church, the place where we encounter God in a special way, particularly in the eucharist.

However, we can also encounter God in people, have an experience of God in the countryside on a walk among nature. All these places could equally be called Bethel, houses of God. This is what happens in Baptism, we become temples of the Holy Spirit.

Macrina Wiederkehr O.S.B. offers these thoughts:

*O God, you are my God whom I seek;
for you my flesh pines and my soul thirsts
like the earth, parched, lifeless and without water. Ps 63:2*

The words above offer a lovely prayer for times when we are feeling forsaken and abandoned, weary and anxious. I would like to suggest that it is of utmost importance that these words are not only prayed when we are in distress. These words can serve as a gentle reminder that God is always awakening us. At every moment, we are invited into a deeper relationship with the One to whom we lift up our hands, our voices and our hearts. So, let's not just call out to God when we are feeling parched and lifeless. Every morning and throughout the day, turn to the One whose love is better than life and be grateful that you are held in hands larger than your own.