

Reflection Monday Week 16 – 2023

Not being able to trust others must be the greatest affliction ever. If one is unable to trust others, it will be impossible to trust God. The fact that God continues to trust us and trust in us, despite our failings, indicates that we are created with the ability to trust.

Ronald Rolheiser writes: *Most of the time we find it hard to trust because we find ourselves wounded, lacking confidence, anxious about many things, feeling the need to protect ourselves. It is hard to trust and it is especially hard to show weakness and to be vulnerable. In the air we breathe, we inhale a distrust that makes us want to show a superior strength, attractiveness, talent, intelligence, self-reliance, and cool detachment. Distrust and self-protection are everywhere. It's hard to let ourselves be vulnerable.*

And yet, deep down, vulnerability and surrender are what we most deeply want. At every level, we need and want surrender. Morally and religiously, the entire gospels can be put into one word: Surrender. Emotionally, psychologically, and sexually the deepest imperative inside us is simply: Surrender. And, deeper than all of our anxieties and our need to protect ourselves, lies a truth we know at the core of our being, namely, that in the end we cannot take care of ourselves, we cannot make ourselves whole, and we cannot hide our weaknesses from each other. We need to surrender, to trust, to let ourselves fall into stronger and safer hands than our own. But in order to do this we need to trust, to let go, to reveal whom we really are, to show weakness, to not have to pretend that we are whole and self-reliant. Something very difficult to do.