

SPIRITUAL TASK —HUMILITY (Matt 5)

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

Story The Sermon on the Mount begins by the Lord outlining what the true blessings of our life are. Today we discussed the first three: Blessed are the poor in spirit, For theirs is the kingdom of heaven. Blessed are those who mourn, For they shall be comforted. Blessed are the meek, For they shall inherit the earth.

Meaning These first three blessings remind us of the importance of cultivating an attitude of humility (poor in spirit), of being sorrowful when we have done wrong (to mourn), and an acknowledgment of our powerlessness and inability to control ANYTHING and instead letting the Lord's gentle love flow in and lead us.

Task This week begin each day by saying, Today I acknowledge that I cannot control situations, other people, and outcomes. I can only control how I will react to these things. Lord I pray that Your love and wisdom may flow visibly into my heart and mind so I may be strengthened to make good, kind, and loving choices.