

SPIRITUAL TASK —ARISE AND WALK (Mark 2)

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

Story A paralytic was carried by some friends to go and see the Lord at a house. They couldn't get in because of the crowd of people. So they climbed up on the roof, removed the covering and lowered him down. When the Lord saw their faith he forgave the person's sins and told him to, "Arise, take up your bed, and go to your house."

Meaning The Lord is able to heal our spiritual diseases (things having to do with our salvation and eternal life) when we approach Him and live by His Word. But to do that successfully we must approach spiritual life from a good motive and attempt to remove any false thinking that stands in the way. Then we need to take responsibility for our eternal happiness (arise) by taking what we know (take up your bed) and living by it (and go to your house (walk).

Task This week focus on something in your spiritual life that you know you need to do but have been avoiding. Keep it in your mind as much as you can. Observe the thoughts that come to you and that you entertain which you could call excuses. Write them down. Look it over and see how many of them are driven by a false idea. Ask for the Lord's help to remove them and "arise, take up your bed and walk."