

SPIRITUAL TASK – GARDEN OF EDEN (Genesis 2)

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

Story The Lord planted a Garden Eastward in Eden. The Lord put the human whom He created there to tend the garden. He told him he could eat of any tree in the garden except for the tree of the knowledge of good and evil. Everything was provided for him. The Lord created from the human's rib, a woman as a sustainer of him.

Meaning The Lord created us to be happy. All of the Divine forces are working to fulfill that goal. We do, of course, have the choice whether to go with the current or to fight against it. The first brings peace, delight and joy; the second brings unrest, frustration, and pain.

Task This week focus on appreciation of all that you have been given, and on all the beauty and goodness in this world. Practice saying in your mind or out loud: "Thank you, Lord" when any thing good, no matter how small, occurs. See if your attitude doesn't improve.