

SPIRITUAL TASK — IMPROVING RELATIONSHIPS (TCR 43)

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

Story We are taught that, “It is the essence of Love to love others outside of one self, to desire to be one with them, and to render them blessed from oneself”.

Meaning It sounds like love is about wanting what is best for other people and to do things for them whenever possible—this is also how we show love to the Lord (“Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.”) If we want healthy, loving relationships we are going to have to do something to foster them. This includes working on our own regeneration by shunning negative inclinations and habits and speech.

Task This week pick someone you want to have a closer, caring relationship with. Each day do something that you wouldn’t normally do to be of help to them. If you don’t feel like doing it, do it anyway. See if your increased outflow allows the Lord more inflow. Take note of any positive feelings or changes in your self.