

## **SPIRITUAL TASK—SENSUAL PLEASURE AND DELIGHT** (HD 126)

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

**Story** We are totally surrounded in this world with daily opportunities to indulge in sensual pleasure and delight. We are also in a country that is very wealthy and has a high standard of living. Is it wrong to enjoy the fruits of sensual delight and to enjoy the benefits of a good economy?

**Meaning** We are taught that we are to renounce the world, but not in the way you may expect. We renounce the world by “loving God and the neighbor; and God is loved by leading a life in accordance with His commandments, and the neighbor is loved by doing services for them...” (*Heavenly Doctrines* 126). If we are doing these things we can live fully in the world enjoying all that it has to offer.

**Task** 1: This week read the Ten Commandments (Exodus 20). Choose a commandment that to focus on. Read that commandment in the morning and try to live by it in the day. At night read it again before bed and examine how your day went. Do this every day this week. 2: This week find one way to be of use to someone other than your family or close friends.