

## **SPIRITUAL TASK – THE FOURTH COMMANDMENT** (Exodus 20)

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

**Story** The Fourth Commandment demands that we honor our father and mother.

**Meaning** This commandment can for many be a real challenge in its literal meaning—for many have been hurt deeply by their parents. However we are still to keep this commandment literally by looking for the good in our parents and honoring that. Yet the real meaning of this commandment is that we honor the Lord, our Father, and His church, our Mother—our real spiritual parents.

**Task** This week find a person that you wish to express gratitude to for their positive impact in your life. It may be that you wish to express your thanks to your parents or guardians or one of the people of the “Lord’s Church” that has nurtured you in some way in your life. Write a letter, make a phone call, or send a gift of thanks. In a more expanded sense, spend this week with an attitude of gratitude for your life and all its blessings, that is, honor the Lord your heavenly Father as the source of all good.