

Thursday - February 23

"God is love, and those who abide in love abide in God, and God abides in them."

1 John 4:16 (NRSV)

I have spent a lot of time trying to see God. Trying to find God in what felt like obvious places with no luck. Eventually, I decided there was no God to be found. Only after this did I stop to wonder how anyone can find anything if they don't even know what they are looking for.

Sure, I was looking for God. But what is God? I certainly do not feel qualified to answer this, but I do know there has to be a reason behind the mysterious and complex universe we live in, a unifying force that even science is still working to explain. If this unifying force is God, then God is everywhere and in everything, the reason behind all existence. This would mean that God is in me and the reason behind who I am. So that is where I started looking, inside myself.

The search for God led to thinking deeply about who I am and who I want to be. Call it prayer, meditation, mindfulness, call it whatever you want, but this thinking felt bigger than myself. The longing to understand who I am eventually revealed emotions of love and compassion as the source of who I want to be. Love is a beautiful emotion and the more I looked for it, the more I found it. Love is where I first truly saw God and love is still my favorite place to return to.

Rachel

Prayer: O beautiful Love, radiate through me to touch all those who seek You and all those who do not. Inspire all beings in this world and the next to share freely the radical compassion sparked by Your love and shown to us through Jesus Christ. Amen.