

Fourth Week of Lent: Meditation & Reflection

During Lent, we have an opportunity to *live our dash* through a process of examining our lives for a little spring cleaning and spiritual practice. Today's poem is *The Boomerang*. The rationale behind the boomerang theory comes from the same basic principles of karma and kismet, that we create our own energy flow. We receive what we give. We reap what we sow. It is a belief that there is positive reaction to positive action.

Live Your Dash

Boomerang

by Linda Ellis

Some people may call it karma,
but one thing I've come to know
is that we only reap in life
whatever it is we sow.

When you perform acts of kindness,
it is never unrequited
for there will always come a time
when you two are reunited.

We're all in this life together
sharing the world with one another
and so it is we help ourselves,
each time we help each other.

Like the infinite ocean waves
that steadily roll to the shore
or the predictable route
of a revolving door —

or the endless rhyming lyrics
of a childhood song that you sang,
your life's actions will come back to you
— just like a boomerang.

Week Four: Written On Your Heart

That's right. The time is coming when I will make a brand-new covenant with Israel and Judah. It won't be a repeat of the covenant I made with their ancestors when I took their hand to lead them out of the land of Egypt. They broke that covenant even though I did my part as their Master.+God's Decree.

This is the brand-new covenant that I will make with Israel when the time comes. I will put my law within them- write it on their hearts!- and be their God. And they will be my people. They will no longer go around setting up schools to teach each other about GOD. They'll know me firsthand, the dull and the bright, the smart and the slow. I'll wipe the slate clean for each of them. I'll forget they ever sinned!+God's Decree. Jeremiah 31:31-34

God has written a new covenant on the hearts of the people. God has written a new covenant in us, one that we cannot break, and that is God's love. As Christian people of faith, we know this love through Jesus Christ. What is it that God is writing on your heart? What is it that God wants you to know? How do you know God's love? How do you know God's presence?

Practice: Write a love letter to yourself from God. Open your heart in prayer, and ask God for the words that you need to read. Write down what comes to your heart. Write what God is speaking to you. As you pray this week, remember that God loves you madly. God knows you and loves you, and nothing can ever take that away.