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Reflection for April 2



By Barbara Certa-Werner

"The Spirit of God has made me, And the breath of the Almighty gives me life."
Job 33:4

In the last two weeks, ZOOM has become my new best friend! I have participated in most of my ZOOM meetings in a Sunday school room that has a white board with this quote, "I was recently told that every sigh is a prayer... whew, I felt that." I have indeed been sighing quite often. I have intentionally offered those exhales as a prayer, which is the best way for me to give God my anxiety, my heart-break, and my fears.

I have also noticed that I needed to take some deep breaths, reminding myself to take pause and embrace what I am feeling and thinking. It has helped me to move towards more connectedness to God and to who God has called me to be – in life and ministry. These breathe prayers have been a soul enriching time of stillness and being while facing so much chaos swirling around me.

Prior to this pandemic, many of us did not have time nor make time to engage in prayer sighs, let alone, deep breaths as prayer. We lived in a fast pace, results driven world that had no room for pauses of breath, inspiration, God-connections. We have spent our time trying to achieve and not fall behind.

Folks, here is our moment, to embrace this time, as much as we can for as long as we can, to connect with God and each other in new ways. I invite you to explore who God has created you to be; discover new ways of connectedness to God and to each other; and spend time breathing in God's Spirit.

As inspiration for you and as a prayer, here is a link to Jonny Diaz singing, Breathe: <https://www.youtube.com/watch?v=hnjeMwxFuBA> .

Alarm clock screaming bare feet hit the floor
It's off to the races everybody out the door
I'm feeling like I'm falling behind, it's a crazy life
Ninety miles an hour going fast as I can
Trying to push a little harder trying to get the upper hand
So much to do in so little time, it's a crazy life
It's ready, set, go it's another wild day
When the stress is on the rise in my heart I feel you say just

Breathe, just breathe

Come and rest at my feet

And be, just be

Chaos calls but all you really need

Is to just breathe

Third cup of joe just to get me through the day
Want to make the most of time but I feel it slip away
I wonder if there's something more to this crazy life
I'm busy, busy, busy, and it's no surprise to see
That I only have time for me, me, me...

- *Breathe* by Jonny Diaz

Amen.

