

HOW TO NOT LET YOUR HEART BE TROUBLED (John 14: 23-29)

First you make a small opening just above your heart and then, with great delicacy, withdraw a small part

and hold it to the light for inspection. Are you dismayed to observe its frailty, its flaws? Just now it made

a sound like the indrawn breath of a child right before it cries, in that moment it discovers that the more

of the world you come to know, the more frightening it becomes. And not just fear, but guilt, harsh as lightning,

worry, grief, regret – all add their aching; you want to hold your heart tighter in its trouble, but can't

with tighter grip calm down the trembling. Yet just when you might despair, you recall Christ's promise once again

that God's Spirit is with you here, and that Christ's peace is yours to claim. It is there like two more hands, each

more gentle than your own, holding your heart with you; comfort and strength unfold their flower, courage too,

and you feel your anxiety unravel at last.

In the warm embrace of Christ's love, letting the past

be past, mindful of the present moment alone, you rest your peace-filled heart in a safe place. You're home.