



God is in Ultimate Control

Embarking upon a spiritual journey is a matter of allowing God's Holy Spirit to engage, inspire and restore life to what for many people has become dormant religious practice.

It is very easy for the best of our religious practices to lose their vitality and life giving quality. For example, praying the Lord's Prayer. On the one hand, it can be a powerful, life changing experience, or on the other hand, it can become a totally meaningless exercise.

The words are so familiar. We can recite them without thought. How often have we merely slid over those words without considering the radical nature of praying that God's *Will* be done on earth as it is in heaven—that is, by us—our doing God's Will. *Don't ever again pray these words without giving reverent thought to their profound meaning and transforming power.*

This petition asks that our lives be put into sync with God's Holy *Will*. That can be revolutionary, even traumatic. It is radical because our wills might be 180 degrees apart from God's *Will* at any given time. Is this sort of dramatic change what we mean to ask for when we pray these words? We need to be deliberate about what we ask of God.

Spirituality, as a journey into joy, seeks God's Spirit to give life, and meaning to every thought, word and deed—to all of life. It is to begin recognizing that all things are under God's ultimate control, not our own. We need to accept that fact, celebrate it and learn to live within that reality and do so with acute awareness and profound gratitude.

Awareness is like a new awakening. Awareness that God is indeed in control should take the pressure of living off us. However, we must learn to *let go and let God* and thereby make way for God's Spirit to work in our behalf.

Letting go can be more of a challenge than the jingle might suggest. However, this shifting of the burden off ourselves and onto God is the mainstay of spirituality.

A spiritual journey involves learning to live *all* of life under the *protection* and *direction* of God's Holy Spirit. As with learning to ski, swim, ride a bike, or drive a car, we can think about it, talk about it, wish for it or watch videos about it forever without results. We learn to do it only by trying. The spiritual journey is venturing into unfamiliar territory with nothing but hope. The tools are prayer and meditation—quiet time listening for God's direction. The cost is our time. What a new and exciting faith experience it is when we actually embark upon this journey of joy.

