

While we all have our times and seasons of 'testing in the wilderness' of life, we are all, collectively having to face the test in the wilderness of restrictions, fear of illness, social distancing, and uncertainty about how things will go into the future. Some of us have personal responsibility for others young and old, as well as economic uncertainty or reduction of income. Perhaps the meditation below is fit for such a time as this.

Mark 1: 10-13

¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

¹² And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Commentary: The dove is a biblical symbol of the Holy Spirit. As soon as it has come upon Jesus to manifest him to all, it takes him into the wilderness. The wilderness is not only a physical place, it is a metaphor for a place inside, a place where we often find ourselves in, a place of difficulty, struggle, doubt, anxiety, guilt, and self-questioning. If we would receive the Spirit and follow Jesus, we too must confront the wilderness times and places within us. But this passage ends in hope. When we lean on God in our times of testing and bring everything before God, we will become stronger inside and more clear-headed about our path ahead.

Questions: Do you consciously and intentionally invite God into the trouble times and places of your life? If not, why? Why not take a moment and do it now?...

Prayer: Lord God, give me a greater capacity to trust you in my time of testing and to demand a blessing of you as I come through it. Be with me in my darker moments and as I reflect on my darker memories. Assure me that in your presence I am safe, and my destiny in you, secure. Amen.