

A Journey of Roads

Jeremiah 29:10-14; Matthew 6:25-34; John 4:13-14

Choice, that is all any of us has. Sometimes our choices are limited by our circumstances or by others, regardless we have choice. Victor Frankly – a holocaust survivor - was the founder of logotherapy (literally "healing through meaning") a meaning-centered school of psychotherapy, and has this quote attributed to him. *Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.*

You and I have choice and I believe that we forget that we have choice. I'm not talking about the choice as to what to eat or what to wear but rather we forget that we have choice in how we see ourselves and how we choose a response or reaction. All too often we give up that choice to someone else or a situation and say that s/he/they or the situation made me think like this, or act like this, or made me feel that way. The honest truth is that you and I have choice in how we think, feel and act. Every moment of every day. Can you relate?

What keeps you from having empowered choice in your life? Is it your:

- environment, childhood, jobs, parenting, kids, illness, relationships, money, sex;
- anger, shame, guilt, blame, embarrassment, worthless feelings, body image, sadness;
- addictions, emotional wounds, abuse, trauma, loss, coping mechanisms;
- happiness, and gladness.

Our experience of our feelings is what keeps empowered choice elusive from us. But scripture describes three different journeys of choice. They are:

- Journey of well-being from Jeremiah
- Journey of presence from Matthew
- Journey of grace from John

The journey of well-being is a journey of connecting to God during the times of your life that are troublesome and filled with despair. Connecting to God in God's hope and promise of a life of fulfillment. The journey of presence is a journey of connecting to God in every moment and being present with God at all times regardless of the tasks that need to be completed. And the journey of grace is a journey of connecting to God living presence through God's word that protects you and covers you in love.

Where are you stuck on your journey? Where do you need to start your journey?

Jesus help, me to journey and life a life of fulfillment, presence and grace. May I follow you on these journeys no matter how difficult they are. May I grow closer to you as I journey and as I choose You over this world. Amen.

by Rev. David Piltz