

Day Two Meditation: Think About What You are Thinking About

2nd Principle and Foundation

"You are going to need help with this. Can I help you?" These are the words the Holy Spirit used to train me in holiness amid separation and divorce.

One of the most important areas where the Spirit helped me and where he wants to help you is in your thought-life, training you to think about what you are thinking about. It is the life within that shapes how we react or respond to the life without.

Presently, your soul is probably not yet at the point where it is a mirror in which Jesus can see himself, for your soul is stirred up and disturbed, a natural reaction to what is happening. What the Holy Spirit offers you is not a natural reaction, but one that is filled with Divine Love, a response to the situation where you are not driven to make sure that things are at the cost of the one you love, but rather it is a response where you are ready to give mercy rather than to punish your spouse.

The things that once comforted you leave you empty. Over and over, you return to them to bring you peace, with those things now leaving you just as you were before you sought from them what they once offered. The hard fact is that there is no one to whom you can talk, nor is there a place you can go to find what is desperately needed to console your wandering soul. What you need you will find by paying attention to your inner dialogue, and then choosing your conclusions in light of love for your beloved.

Your brain is probably crowded with thoughts of self-justification, blame, confusion, vengeance, compromise, hatred, longing, grief, humiliation, fear, guilt, and self-pity. I am sure you could add much more to the list than what I have written.

Your beloved is gone or so distant that they cannot be reached. What is not gone are the thoughts that bombard you. These thoughts can be frantic, dragging you into emotions that further ensnare you in the illusion that somehow you can control or solve what is happening in your marriage. Maybe there is something you can do. Overwhelmingly, you will not know what can be done until the Spirit, who is our Helper, is provided with a place of peace in your soul and a willingness to love your beloved no matter the cost. On a soul that chooses peace rather than attack, the Spirit of God hovers over and dwells within.

Thinking about what you are thinking about is the gift the Spirit was ready to grant me to inflame my soul, keeping it in the posture of love rather than that of judging, manipulating, blaming, or striking out to do to the one with whom I stood at the altar of God, willingly giving my life at the expense of my life for the life of the one whom I love.

Loving at a Distance

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The thoughts that will become a poisonous puss are those where you plant your heart in not forgiving. These thoughts will harden and calcify your soul, leaving no room for you to grow in Divine Life. These unforgiving thoughts situate you as the judge who has already reached a judgment in which no mercy will be found. Mercy is an essential component of marriage, for both you and your spouse are broken. Will you further break or will you be merciful, and in showing mercy, they will find healing from your love.

Your thoughts might be telling you, as you read this last paragraph, that you are not only incapable of loving to this extent, but that you don't want to love in this way. Take captive those thoughts with the truth - Yes, you are not capable in and of yourself, and that is why Jesus has been so generous as to share with you his Divine Life when you partook of the Sacrament of Matrimony. Place that thought, honestly, before him, and ask him what he can do for you so that you can love your beloved as he loves them, and his love is from a heart of mercy.

Wisdom has been given to train you in a new pattern of not being worn out by your very self with its darting about thoughts. Not giving into your thoughts, allowing them to run like wild horses, is a stance that will allow peace to return to your heart. This is done by thinking about what you are thinking about; you taking captive your thoughts, making them obedient to Christ. What is needed is to not allow the unbridled mind to race from here to there, leaving you used up and spent, with nothing in you from which you can give, but rather puts you in a place of being spent, only able to take. What is needed is a calm soul that dwells in peace and brings that peace wherever it goes or in whatever situation it stands. If you allow the mind of Christ to become your own, then the Spirit can lead and guide you in a peace the world cannot give, a peace beyond understanding.

Since most have not had the opportunity to train their mind, nor are they aware that this is a tool found in a soul growing in holiness, their thoughts, then, become a weapon they forge against their beloved, not preventing them from learning to love purely because their meandering thoughts are in reaction to what their spouse is doing. The way of being reduced to love, loving beyond love's possibility to love, is not that of reaction, but it is that of responding, choosing the life-giving truth of the moment.

For right now, thinking about what you are thinking about is just an awareness rather than a practical skill by which you live. If you begin practicing this way, I believe you will find it surprising as to what is going through your head. As we continue learning to love at a distance, this tool of taking your thoughts captive will become sharper and more finely tuned. For now, begin noticing your thoughts and choose the ones you want to continue to inhabit your soul. Pay attention to your thoughts, especially when you are in a confrontation with your spouse or facing something that you do not want for your life.

It is time to think about what you are thinking about so that the life of peace and joy might be yours once again.