

Day Six Meditation: The Who of You

The question of “Why did this happen?” has probably cluttered your mind, with you not able to escape it. You have searched; others have suggested the problem and its solution. You were convinced it was for a certain reason, you reacted, and now you wonder why your spouse went that far. You have beaten yourself up for this and your spouse for that, as you made the argument in the court of your head.

There is another question which will give you eyes to see, while the other will leave you blind, guessing as if the mystery of your beloved could be known when we don't even know the “whys” when we do something.

Here is the why? Somewhere along the path of your life or your spouse's life, you either forgot who you are or you did not know or they did the same. Who you believe you are and then living from that belief determines much of what we do. Uncovering the belief of who you believe you are seems like it would be an easy response to offer if we were asked, but I am not sure it is that easy to answer. We have set answers. Most of these answers have nothing to do with who we are, but rather with what we do. “I'm a good person. I am generous. I am kind.” These are visible actions. Yes, they reveal a person's character, but what I am asking is a question of the heart, the center of who one is. The “Who” is the same whether your actions are righteous and good or they are harmful to others. The Who is the You.

You were baptized. On that day, you became a new creation. You are not like those in the world who are not baptized. On that day, you became a son of God; on that day, you became a daughter of God. This is the Who of You. It is said that this is the mystery of all mysteries on which we must return to ponder over and over so that we may keep its truth constantly before our eyes, wavering not in our belief and conviction, living from the life it offers.

The truth that you are a son or daughter of God is easy to reduce to a coloring page from the days of your 1st Communion, a page that proclaimed the truth, reading, “I am a child of God.” You took that page home to your mom, she smiled with great joy, kissed you on the cheek, and hung it on the fridge for all to see. It could be left hanging on the fridge of our memory as nothing more than cute.

The truth on that coloring page is the truth that must move from our head to our heart. After giving your life totally and completely to Jesus, the second discovery he longs for you to make is the truth of being the Father's son/daughter.

Do not dismiss knowing the truth of who you are as you move forward in standing and fighting for your marriage. Knowing who He is and who you are will help you know what you have been given and what you can do.

Loving at a Distance

2

Your Father is God, the Eternal One, Who is Almighty and All Powerful, holding all creation in the span of His hand, present everywhere; Your Father is not like anything we know, except in our knowing love. Your Father knows the hidden pains that even your spouse or friends do not see, maybe even pains that you do not see because to see them would be too much. Your Father not only sees the truth of the situation in which you live, but He also sees the blessings He has for you that you. He has not abandoned you. He is with you and wants you to know His presence. As you would so quickly draw near your child if they were in pain, confusion, and doubt, He, God, your Father, draws near to you, longing to assure you of His love when your spouse, and maybe others, have withdrawn their love, a love you expected would always be there.

One answer to the endless question “How did this happen?” is that you and your beloved forgot who you are. When you do not live from the truth of being a son/daughter of God, you act, not out of that place of being loved by the Father, with all He is and has ready to be given to you. When you live not from the true reality of your being, you see what you do not have and what is being withheld from you. In this state, you are subject to your self-created Laws of Scarcity. You see your spouse as your enemy or at least someone standing in the way of your happiness. Walls rise, not to be transgressed. Sometimes these walls become, by your making, so justifiably thick that even you cannot transgress them, causing you to become a prisoner of your own making. All you can see is what you see, and most of that is of your own making, designed by the things that have broken you in your life, even before your spouse stood at your side. (We will examine these in future meditation.)

What you believe about yourself in relation to God shapes how you approach life and your husband/wife.

Right now, you have been told alot of things and treated in a way that might have caused you to not believe you are capable of love or worthy of being loved. You might have come to believe the lie that you are someone from whom others should keep their distance, because if they knew who you really are, they would walk away. In the midst of what you are facing, a false identity might have been imposed upon you, or the generation of this false identity might be of your own making.

Today, it is time for you to come out from underneath all the condemnation and the renaming of who you are, a naming that does not come from your Father. Today is the day for you to live from what the Father has named you and what He has to say about you.

“You are my beloved daughter.”

“You are my beloved son.

To start on the path of the healing of your heart and of your marriage, stop and remember Whose you are and Whose your beloved is. Knowing you are the Father's daughter, His delight, and living from that place is your inheritance. Son of God, Knowing and living from this place, no matter the state of your soul right now, is your inheritance. Do you also believe this truth for the one for whom you are standing, your spouse?

This is an essential truth of the life-giving grace that was poured upon you, your spouse, and your children in the waters of baptism. It was a pure gift, pure grace that you did not earn, but was chosen by Him to give to you. He made you His son because God, your Father, loves you. Daughter of God, your Father has given you this gift of being His. This was not of your choosing. It was His choice. He called you through the waters of baptism. It is said of you in the heavens, "This one is born in Zion."

Settle it today and order your heart to the truth of Whose you are and, therefore, who you are. This being settled, your journey of *Loving at a Distance* will go where you have not imagined it going, a place which is beyond your making.

Declare it outloud, over and over -
I am the Father's son.
I am the Father's daughter.

You will be able to walk this road because of who you are, not because it contains "The Five Easy Steps that Will Drive Your Spouse into Your Arms." The way in which you have embarked is the way of you, son/daughter of God, being reduced to love, loving beyond love's possibility to love.