

# A WEARY WORLD: Week Three

## EMBRACING PARADOX

### Saturday:

We dealt with some tough topics this week and how life is a paradox as we constantly experience contradictions at the same moment in time (light/darkness, beautiful/ugly, peace/chaos, hope/despair, and love/hate). The important point that the author makes is that embracing paradox is part of the human experience and a spiritual practice. She says when our hearts are weary, embracing paradox can help sustain us because if we know contradictory things can and do exist, our prayers can focus on gaining strength, courage, wisdom, and hope even in the midst of sadness. One does not squeeze out the other which is so encouraging as it leads us into next week's topic ending as we wrap up our study on Christmas Eve knowing "God is with us."



### Today's Reflection Question:

*How do you  
remind  
yourself  
God is with  
you?*