

Meditation

**If I was to choose the hardest teaching in the whole Bible...
this would be it!**

Imagine! Jesus is telling us to love our enemies?!

To pray for those who persecute us....

Is he kidding me?

Now...before I go any further, I want to make something very clear...

**We have a special kind of love for our parents, our kids, our spouses,
our very best friends...**

When Jesus says to love your enemies & pray for those who persecute us...

**he is not telling us that we have to feel all warm and fuzzy about these people...
at least not right off the bat at the beginning**

**but he is telling us that we ought to pray that they
find true happiness...**

that they have enough food on their table,

that their homes are warm and dry,

and that they feel happy....

hard to feel and pray that way for Isis?

Absolutely....

but here is why Jesus is so absolutely brilliant:

**because he knew that people who do awful, violent things are not
happy, peaceful people.**

He knew that when a person is at peace and feels safe and loved...

they are soooo much less likely to act out in hurtful and harmful ways,

**He knew that, unless the cause of their actions was mental illness,
he knew that it was fear that propelled most people to do harm to others...**

**Now, that can be next to impossible many times as we all know.
Sometimes we are just so hurt, so mad,
that we want who ever is causing us so much pain to pay for it,
to be punished....**

**You hurt me, so I can hurt you
we think to ourselves...**

**But...Jesus knows that type of thinking must stop.
It must stop because it never gets us anywhere and
only increases our pain and keeps the cycles of violence and hatred going round and round.
When we get off that merry go round of hatred and harm...
and we begin a new path of love and peace...
and, believe it or not...**

**WE begin to feel more peaceful,
we act more peacefully,
we find more joy and more love in our lives
and it begins a more beautiful,
peaceful spiral of goodness
throughout the world..**

**Far fetched, you might be thinking?
unrealistic? you might be thinking?**

**It is if we had to do it all by ourselves...
but we don't ...
we live and breathe and work in the flow of grace, in the presence of God...
that's what Jesus did...and that is what he is inviting us to do...**

When we work in partnership with God: miracles happen. Period.
Love, as you know, is the most powerful force in the universe.
Love changes peoples' hearts, and it changes their lives.

So, how are we to love and pray our enemies?

Well...please look inside your program...
we are going to pray a Loving Kindness meditation, now.
With this kind of prayer, you always begin by praying for yourself first...
then you pray for your family and everyone that you love,
and then you pray for the whole world...
and that includes the people that make you mad, the mean people,
the people you don't like...

When we say this prayer every day,
our hearts change.
They soften and grow large....
and when our heart softens and grows,
we send out powerful loving energy....
and that is how the world changes!

So...shall we pray?

Please open the Loving Kindness pamphlet...
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