



Theme artwork by
LaCount Anderson

Lent at Lakeside: My Heart as Sanctuary My Life as Prayer Devotion for Saturday, February 24, 2018

"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

Rainer Maria Rilke

The Sanctuary of the Heart By Elizabeth Edwards

A friend of mine recently commented, "Smartphones don't make us smart; they just make us fast." It seems we have convinced ourselves that one is just as good as the other.

Perhaps we humans have always had a tendency to be hasty and impetuous, but the world of resources, products, and information available at our fingertips, almost instantaneously, has encouraged an epidemic of impatience. We expect every kind of cuisine available whenever we have a craving for it. We blow our horns if the car in front of us doesn't move the instant the traffic light changes to green. And that little wheel spinning on our computer screen drives us crazy within a few seconds. We rush through our days and into our evenings, frustrated if anyone else causes an inconvenience. We have come to expect, even to demand, everything we want at the precise moment we want it, often with little thought for the strain which our impatience can place on other people, on the systems of our society, or on our creation.

Matters of the heart, however, don't work like the World Wide Web, where we can type in a few key words, enter a credit card number, and have anything we can image delivered to our door in two days. Complexities of relationships, intricacies of building and maintaining community, subtleties of emotions and personalities, and mysteries of faith leave us perplexed and weary, often desiring easy answers and quick fixes where none can be found. We have launched cameras into the far reaches of our solar system, developed treatments for deadly diseases, and built machines to make every conceivable task faster and easier, but we have no idea why a song can move us to tears, how we fall in love, what prompts some people to risk their lives for others, why people with so much promise can self-destruct, or how God can whisper to our spirits to nudge us in a certain direction.

The questions of our minds often have answers for which we can search Google or learn a new skill or earn a degree—all actions we can initiate and control. The questions of our hearts, however, may haunt us on sleepless nights and require of us a patience which we find frustrating, a surrender which feels uncomfortable, and a courage to live into the mystery of becoming our truest and most authentic selves.

In these lengthening days, let us respond to the call of Lent to slow down, to be intentional, to ponder questions which lack easy solutions, and to embrace a faith which trusts that God's provision is sufficient when our efforts fall short. Let us embrace Lent's summons to a quiet patience which defies the world's demands for more, bigger, and faster, so that we can discover a peace which passes our understanding and an endurance which leads to hope. Let us respond to Lent's invitation, which is God's invitation, to create a sacred space in our hearts and in our lives, to sit with God a while—sometimes in conversation, sometimes in silence, but always in expectation of grace. In this season, may we meet God in the sanctuary of our hearts, be patient with all that is unresolved, and discover the faith to live our heart-questions as the Holy Spirit molds us more fully into the image of Christ. Amen.

Psalm 46:10

"Be still and know that I am God."

Romans 8:25

"But if we hope for what we do not see, we wait for it with patience."

Prayer:

Lord, I believe; help my unbelief.

Mark 9:24