

Wednesday, March 18th, 2020

### **How is it with your soul?**

John Wesley began all of his small group meetings with this question: how is it with your soul? This question takes us to a deeper place than the conversational “How are you?” This question is a place of pause to reflect on the health of your spirit. While this question is truly one for every day, it is especially important in the midst of the rapidly changing landscape in response to Covid-19.

*Pause. Consider how it is with your soul.*

Our tendency in a purpose-driven life is to focus on what we are doing, especially in fixing the chaos. We put on Band-Aids, and it appears that we feel better. Meanwhile, our bodies still carry our unresolved emotions. Suddenly, little things make us irritable or we eat more; the ripples find their way into our lives in unexpected ways. With this new reality striking at the very core of our lives, its impact will be larger than we may want to acknowledge, especially on the health of our souls.

*Pause. Consider how it is with your soul.*

Jesus shows us a way of contemplation that leads our actions. Jesus shows us how to care for ourselves before reaching out to be a source of life for others. Jesus grounds himself first in the God of life, the source of breath and beauty and healing. Invite Jesus into this question, centering your body first in the life God offers us, breath. Breathe deeply. Breathe in life. Breathe in beauty. Breathe in healing. Breathe out unto the world God's peace.

*Pause. How is it with your soul?*