

First Congregational Church of Montague Trinitarian

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1 Corinthians 12:12-31a, Luke 4:14-21

God of Change, God of Glory

Change... It is so hard... and yet, I wonder why. After all we are changing all the time. As you sit there and I stand here we are each changing. Examples... personal, time lapse photo of a flower growing from seedling to flower and back to ground. So if we are changing all the time why do we resist it or resent it so much.... Maybe that is the reason why... we are constantly changing so we grab whatever we can hold onto in order to create the illusion of stability... to manage our fear of the unknown... But, we have some real good advice from someone we really respect and love... Jesus... about what to do... or not to do... and that is Do not fear.

He says it many times in the bible... and if it was recorded so many times I can only imagine he probably said it more than that.

Do not fear. I am with you always, until the end of the ages.

Now, when because we fear change, when things are changing and we are aware of it being beyond our control, this creates stress. As things are always changing we are always in a state of stress... sometimes more than other.

So, today, we are going to hear some readings about change, from the bible and from some very wise people. And after that we will go through a process that helps us to manage the stress... from any source. It is called Metta Meditation. We have done it before but it is always worth reviewing.

Begin with a reading of quotes about change from bible and famous people

Move into an experience of Metta Meditation or Prayer

People write down names of three or four loved ones

One or two neutral people or a world situation that is neutral

One or two people you would consider an enemy or someone you have a difficult time finding love in your heart for. And a world situation that you have fear or anger or regret or concern about.

Move through the Metta Meditation process.

As in the song we are about to sing... We have a God who is ever changing and shows up for us in ways well beyond our knowing. Let us pray for the grace to remember God is always with us. Let us praise God for God's presence and ability to bring us the peace that passes all understanding even in extremely stressful situations... Turn it all over to God.

Amen.