

Care and Prayer: Simple Daily Covenant

In her book *Feed My Shepherds: Spiritual Healing and Renewal for Those in Christian Leadership*, Flora Slosson Wuellner says that our relationship with God is like a marriage. It is, she says, based on her 27 years of ordained ministry, a “covenant of deep daily intimacy.”

This, too, is my experience. Each day holds both the gift and the challenge of growing closer to God, of allowing my whole self to be nurtured by the Holy One.

Yes, this is easier said than done. Yes, it happens more easily on some days than others. Every day, there are choices I make about how I will spend time with God.

In a recent pastoral care training session, I shared a simple daily covenant, a map for my journey of growing in God’s grace, which seems to work for me. It has to do with letting God care for me. It has to do with caring for myself, so that I can care for others. It has to do with seeking a balanced self: mind, body and spirit.

To care for my Mind, each day, I need to learn. What do I want to learn about myself, others, the world, creation, Jesus, God? For me, learning is about QUESTIONS, not just answers. It’s about being curious – not being nosy, but having what our Baptismal service calls an “inquiring heart.” It’s about being a lifelong learner, a perpetual student of our common life in Christ.

To care for my Body, each day, I need to play. “Have I forgotten how to ‘enter the kingdom of God as a little child’ ”? (If you are a parent, you can ask your child this question.) For me, playing is about PASSION, not just obligation. It’s about having fun, about lightening up, about taking God seriously but not taking myself too seriously. It’s about God’s song and dance in my life.

To care for my Spirit, each day, I need to pray. For me, praying is about seeking God in SOLITUDE, not just living in loneliness. It’s about trusting in a God who will never abandon or forsake me. It’s about embracing the wisdom that says, “don’t just do something, sit there” with God. This is easier for some folks than others. Yet, each day, when we go to God in prayer, we are all beginners. Silence is a good way to learn how to begin.

It works for me. If you try it, I’d like to know, one way or the other, how this covenant works for you. —

Shalom, Tom Momberg