

## **SPIRITUAL TASK — JONATHAN BEATS PHILISTINES** (1 Sam. 14)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** When the Israelites were facing an enormous army of Philistines, Jonathan went off and did his part to fight off some of the Philistines. His actions caused the rest of the Philistine army to be frightened and confused and began the unraveling of their power.

**Meaning** When we are faced with a problem we can sit back (like Saul under the pomegranate tree) and worry, fret, ponder, get angry, etc. Or we can take action like Jonathan did and take whatever step or steps we can to improve the situation. This often helps us to diffuse the larger problem (confusion of army). We are also given to feel delight in the effort we make (the honey).

**Task** This week when something negative arises, rather than feeling victimized or powerless, do something—it doesn't have to be dramatic. Take a walk, read a book, call a friend, kneel down and pray, clean the house, wash your car, rake your yard, shovel some snow, etc. See if you don't begin to see the problem dwindle in magnitude.