

SPIRITUAL TASK—SELF AWARENESS (Matthew 5)

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

Story The Lord begins the sermon on the mount with a description of attitudes that will lead us to incredible happiness: Blessed are the poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers, and those who are persecuted.

Meaning The attitudes we ought to foster within ourselves in order to find true happiness in our relationships with others are: Humility, admitting our mistakes, being courteous, hoping and working for good, caring about the cares of others, committing to self improvement, looking for common ground, and recognizing that change is hard and having the willingness to go through what it takes to grow.

Task This week practice self-awareness by observing your attitudes and reactions to others. Before you approach a conversation or interaction with someone else, stop and ask yourself these questions: “What attitude am I bringing to this interaction?” “Am I remaining aware of the other person’s happiness as well as my own?” Be willing to change your reaction, and attitude, if necessary.