

Church of the Spirit - June 2018 Newsletter

People go to churches, all types of churches, for many reasons. Some go for the companionship, some in support of others who attend and some seek uplifting messages or answers to their troubles. But one of the most important reasons for attending church is the sermon. There is something there for you to hear.

Sermons are a way of connecting to others with words and thoughts aimed at giving people hope, to point out things in life that are hard to navigate or even to relieve fears. However, there are other ways that sermons are important.

A sermon from your pastor is important, but what kind of sermons do you deliver? You deliver sermons all the time but you probably never thought of it in that way. Each time you forgive someone for a wrong or love someone unconditionally you are delivering a sermon. You are showing the Universe that you are a compassionate, caring human being. Acts of kindness, words of inspiration to someone who is troubled or just giving someone a much needed hug using no words at all is a sermon. A sermon of your capabilities, proof of your character. Actions that will be repaid in continued blessings of your own. We all have moments that are trying, to say the least. But we are all capable of delivering a sermon, even to ourselves, when needed. Squash the fears with love, compassion and forgiveness.

We see others delivering sermons as well. Sermons of not only love and compassion but of patience and understanding. Our sermons are evident in the way we live and treat others. A sermon of love and joy and peace. A sermon of understanding, not judgement. A sermon of being respectful of others and of ourselves. A sermon of listening. Evidence of love.

Challenges of many kinds face us all. You will ask, what am I going to do? Remember that you're connected to a greater, bigger power than just yourself. Spirit is always here for you. But what lessons have you learned from your troubles. Are you living that sermon? Give with your heart and the blessings will pour out. Believe that what you give out is what you will receive in return. With people, for people and about people. You cannot change others. That is up to them. But your sermon is ready. It's about caring, connecting and forgiving with love. We can transform people's lives by our example.

Love and compassion are the gospel. The golden rule applies, always. Do unto others as you would have them do unto you. That, in and of itself, is a sermon. Listen! Believe it! Live it!

Many Blessings,

Rev. Marrice

