

God of Community and Friendship

God is a God of Community. Triune God, three in one, Creator Being, in relationships with Jesus Christ and the Holy Spirit, giving and receiving love. Some theologians say that we bore out of the abundance of that love. Or we're invited to the dance of the Trinity. God is a God of Community and Friendship. What a friend we have in Jesus. And so much of the holy, we experience through other people, through the faces of our friends, through the generosity of community. In this interdependence and exchange of love, we get to be a part of a greater love than our own.

Today for our Spiritual Practice, I'd like to invite us to meditate and ponder upon the word, Friendship. Friend.

Let's take a few deep breaths to start and focus our thoughts, our bodies, and our spirit.

When you think of the word Friend, what comes to mind?

Think of a friend or friends whom you hold dear. Friends that have been there for you. People who have stood beside you through the tough and cared for you even in small ways. Think of the folks in your life that you've laughed with, shared a meal with, that's really asked you how you're doing. Think of a community that came around you when you needed someone.

How does that make you feel when you think of them?

Take a moment to feel the warmth of community and friendship.

Feel the joy and gratitude of community and friendship, saying, "Thank you Friend."

Now, though we may have experienced deep friendships at some point, many of us are not always lucky. Sometimes the word Friendship can also bring up feelings of loneliness, highlighting the empty places where friends once occupied or magnify the deep longing for connectedness. Think of the friendships you miss. Friends you long for. Friends you haven't hugged, friends that didn't show up, friends that's let you down. Think of the community and friendship that you long and desire for. Hold that desire with gentleness and kindness to yourself and to others. Without regret or resentment, send that desire out and up to the Holy Triune God, with hope and expectation. Imagine God meeting you in that, filling up that void with love. Take a few moments feeling the longing.... And feel that love that is covering that loneliness.

Lastly, I'd like to invite you to be a friend to yourself and practice being a good friend to others. What would it look like to be a best friend to yourself. What would you say to yourself? How would you be present to yourself right now? Be a good friend, caring, loving, and showing kindness to your self. May try putting a hand on your own shoulder, or hugging yourself. Feel the generosity and love that swells up for you as a friend. Imagine spreading that love and generosity to others. Imagine putting a hand on a friend, or sending a loving text or gift, or cooking for them. Imagine being a good friend to another.

How does that make you feel? Take a few moments feeling the generosity and the delight of giving.

Take a few deep breaths to take in all the thoughts you held just now. I'll close us with a prayer.

What a friend we have in you Lord. Thank you for being our friend, our love, our community. Thank you for being in a real relationship with you, through the thick and thin, through abundance and through loneliness. Through blessings and through difficult times. Thank you for sending us friends. Thank you for giving us the energy and the gift to being friends to others. Show us your love more and more we pray. May we find ourselves in the midst of that triune dance with you and with one another we pray, in the name of the father, son, and holy spirit. Amen.