



The Gift of Being Thunderstruck

The Bible is filled with stories of people's encounters with God. These aha moments with God helped them to experience something beyond their human experience. From that moment on, their lives would never be the same! Moses was an ordinary person, a shepherd. One day the angel of God appeared to Moses in flames of fire blazing out of the middle of a bush. Saul, who was renamed Paul, threatened Christians and tried to arrest them, but he was suddenly dazed by a blinding flash of light. He heard a voice and found himself stone-blind for three days so he could be instructed about preaching to the Gentiles.

Many people testify to experiences of sudden cognitive or spiritual insights-aha! moments. Some of you have endured a low point that suddenly revealed to you the unhealthiness of a situation you could no longer tolerate. For others, a quote from a book or a friend or an enemy changed your life in a flash. Sometimes aha moments spring from disillusionment. Sometimes epiphanies emerge from the fresh beauty and wonderment of nature or the moment we first held our newborn baby. A smile may come to our face, and we may nod our head in excitement, saying, "I get it." "Everything comes together." "My eyes light up." "Ah! Ha!" What does your spiritual "Aha!" moment look like?

An "aha!" moment is one where we realize God brought us to the right spot at the right time for our life and ministry. God has us exactly where we should be. There are three aspects of the "aha" moment: the awakening moment when we come to our senses, then a moment of honesty when we admit the truth about ourselves, and then the action where we get up and go back to God. God opens our eyes to something: We see ourselves clearly and repentance and confession follows. And we get up, go home and return to God. Without a transformation, what good is our faith life?

After the Aha moment, we are not what we thought we were but become the beloved children of God. Be ourselves. The world needs us as we are. The most freeing moment in our lives is when we let go of what we think is best for us and allow God to show us what we really need. Stop holding on to what is no longer working. Instead, follow our hearts. Our journey is more important than our goal.

Yes, the actual process of becoming, growing, learning, and morphing into the person we need to become is the real sweet stuff that makes a wonderful life. Enjoy the journey as much as the reward. Instead of focusing on the end result, be in the process and celebrate what we have accomplished. We don't have to find our purpose, as it will find us. Instead of regretting or resisting, let us try turning to God and embracing our journey into joy. Allow ourselves to be meditative. Let go. Give up. Surrender to God's will. Return to God!

Discussion Questions:

- 1. Have you ever experienced some event that suddenly crystallized for you a significant insight? Has an event altered your worldview or shifted your perspective significantly?*
- 2. Do you ever experience sudden aha moments, brilliant ideas, flashes of insight, or moments of profound insights? Share.*



United Methodist Church of Westford

Reaching out for good

3. *What would happen if God came to your front door? How would you feel? What would you ask God to do for you?*