



### ***Sermon Reflection: The Gift of Getting Lost***

*Years ago, I had learned Tae Kwon Do, a Korean Martial Art with my son, Kori. The most important basic skill for martial arts is a safe and defensive way of falling down to protect oneself from injury. "Clamp your chin to your chest and bring your arms up to protect your face and head. Practice falling on a mat until you feel comfortable and natural in doing so." I discovered that the concept of falling down safely was absent from our lives. Nobody wants to fail or fall and get humiliated. However, the subject of loss has become a recurring theme and the quality of the skill of falling will directly impact the quality of our lives. How do we manage all the challenges and impossible expectations that come with our jobs, relationships and spiritual lives? Learn how to fall fast and get up and fight the good fight. Jesus taught us that the way of the Cross, the path downward, falling down safely and gently is the more trustworthy path.*

*Falling down or getting lost such as when losing a job, failing at something, or facing some other struggle is a part of life. So, keep practicing when falling down or getting lost. Then our body remembers how to fall safely. The most important lesson to learn is not necessarily how to win, but rather what to do when we lose. Managing change always involves managing loss. Even the most positive change brings a sense of loss. In life, loss is often inevitable and can be productive. The fear of failure is the biggest barrier to our success.*

*"The path of life is rarely clear or straight-forward. We find ourselves lost in a Dark Wood, unclear which direction to go. It is at these times that the gift of getting lost is that we begin to pay more attention than we usually do. Rather, those who embrace life in the Dark Wood gradually learn that the regular experience of getting lost is one of the most important gifts we can receive." So, let us not be absorbed in worry. Just stand still and let God's love and grace flow in us and finally find us.*

*"Only the forgiven can forgive, only the healed can heal, only those who stand daily in need of mercy can offer mercy to others." (Rohr) If we let God's love and grace flow in our lives, it will be contagious, shareable, and reshape us. Give me your failure and I will make life out of it. Give me your broken, disfigured, rejected, betrayed lives, like the body you see hanging on the cross, and I will make life out of it. "In my deepest wound, I saw Your glory and it dazzled me." (St. Augustine)*

#### ***Reflection:***

- 1. How many times finding your way in life, have you had to adjust your course?*
- 2. What do you think David Wagoner's poem means, "You are surely lost. Stand still. The forest knows Where you are. You must let it find you."?*
- 3. Have you ever been aware of a series of events that seemed to you like God nudging your life along a path? Do you think an attitude of trust can open us to new possibilities?*
- 4. Have you ever experienced any miracles in your life? What do you think happened to you, when you let go and wanted God's presence in your life, more than you wanted to do?*