

Contemplation

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I am sponge-like, an ordinary kitchen sponge.

I am hard and dry, mostly useless.

Little by little God drops His Life-giving Water of grace and love on me.

I begin to soften, I learn how to bend.

Some of this Water is left everywhere I touch by my life.

A small smear, a tiny spot.

As I yearn for more and more of this Life-giving Water,

I spend time in prayer, in Sacrament, in God's Holy Presence.

I yearn for the refreshing Life-giving Water, that Divine Life.

I become a dripping, refreshing, cooling mess.

And more and more of that Water is left on everyone I touch in life.

As I enter more intimately in prayer, in contemplation,

I immerse myself in the deep endless reservoir of God.

And soon I begin to lose track of myself, where the sponge that I am ends

And the Divine Life-giving Water that is God, begins.

We are one, total immersion in the Divine,

Ready to bring Life-giving Water to everyone I encounter.

Being one with Christ, acting in the person of Christ, Incarnation.