

## Take Heed

Luke 21:34-38

December 2, 2020

Christ is speaking and warns against letting our hearts be weighed down with dissipation and drunkenness and cares of the world. He continues, take heed or that day will come upon you suddenly. Here he is referring to the day of redemption or the coming of the Kingdom of God. Christ says take heed to yourselves, and when we do we may say, "I'm not leading a life of dissipation or drunkenness and is it so bad to worry about the cares of the world?"

Think further about the meaning of dissipated: disappeared, dispersed, and waste of money, energy and resources. Now we will probably fit into this in some way. We may feel anxious, demoralized and angry. We may overeat or be unable to eat or sleep or feel irritable or snappish. We may withdraw; perhaps feel suicidal. Not our best selves, but we don't have to be mired here, dissipating our energy and resources.

But why are we stuck here? Why are we coping in such maladaptive ways, ways not conducive to our betterment or the betterment of others? Can we let ourselves acknowledge, in the midst of such current pain and suffering, that we still hold worth and deserve to pursue a meaningful life?

Christ says pray that you may have strength to escape these things that will take place, referring to "notions in perplexity." Don't be a wastrel, look inward and outward. Find the person who loved you, a parent, a teacher, a neighbor, a pastor or grandparent. Accept their love so we will not feel the need to undermine ourselves with dissipation and will be free to act mindfully to connect to this world, for in connections there is redemption.

**Prayer:** We pray that with the help of the teachers in our lives, we may experience the hope of redemption in the acts of seeing and the joy of being seen. Amen.

Ruth Sheldon

