Reflection for 4th Sept – Detachment

A core condition for all world religions and spiritual maturity is detachment.. An abiding attitude that continues to choose to let go of anything that is a block to deepening one’s relationship with God. What Jesus says in the Gospel ‘give up all your possessions’ and what Buddhism says ‘have a light grasp on everything’; what we in the mainline churches understand as the Paschal mystery, Jesus Christ’s dying, death and resurrection.

All of life is about giving things up, giving stuff away dealing with loss, aging, living with changing health circumstances; our response is to get into acceptance and inner peace as quickly as we can rather than ignore or resist it.

In the pew sheet today there is a reflection called to ‘Let Go’ takes love.

To ‘let go’ does not mean to stop caring. It means I can’t do it for someone else. To ‘let go’ is not to cut myself off, it is the realization I can’t control another.

To ‘let go’ is not to enable, but to allow learning from natural consequences.

To ‘let go’ is to admit powerlessness, which means the outcome is not in my hands.

To ‘let go’ is not to try to change or blame another, it is to make the most of myself.

To ‘let go’ is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To ‘let go’ is not to judge, but to allow another to be a human being.

To ‘let go’ is not to be in the middle to arrange the outcomes, but to allow others to affect their own destinies.

To ‘let go’ is not to be protective, but to permit another to face reality.

To ‘let go’ is not to deny, but to accept.

To ‘let go’ is not to nag, scold or argue, but to search out my own short comings and to transform them.

To ‘let go’ is not to adjust everything to my desires, but to take everyday as it comes and to cherish myself in it.

To ‘let go’ is not to criticize or regulate anybody, but to try to become what I dream I can.

To ‘let go’ is not to regret the past, but to grow and live for the future: A model and example is Stuart Townsend – para-olympic triathlon ‘look to the future’.

Luke 14: 26-30 – what Jesus says:-

Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. For which of you intending to build a tower, does not first sit down and estimate the cost. To see whether he has enough to complete it? Otherwise, when he has a laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying ‘this fellow began to build and was not able to finish’.

Deuteronomy 30: 15-20 vs. 20 ‘choose life you and your descendants may live, loving the Lord your God, obeying him and holding fast to him’.