



Monday, March 23, 2020

The Courage to Let Go

by Scott Stoner

Courage is the power to let go of the familiar.

—Raymond Lindquist

We are now more than halfway through our Lenten journey. Our weekly themes so far have focused on the courage to be vulnerable, the courage to grow, and the courage to change direction.

This week we will offer a series of reflections on a theme that has been implicit in each of the previous themes: “The Courage to Let Go.” It takes courage to let go of what is familiar, familiar ways of doing things, as well as letting go of familiar lenses through which we view the world, ones that may not fully reflect the lens through which God views the world.

In the Gospel reading for yesterday, the Fourth Sunday in Lent, we hear the story of Jesus healing a man who has been blind since birth. The story opens with the disciples asking Jesus, “Who sinned, this man or his parents, that he was born blind?” The disciples are simply viewing sin through the familiar lens at that time, that illness was always the direct result of sin.

Anna Courie wrote in yesterday’s reflection, “Over the course of history, it has been the nature of humans to treat those with disease, disability, or infirmity as “unclean” or “less-than” in the sight of society.” Unless we are aware of this lens through which we view others or even ourselves, and more importantly, unless we are willing to let go of it, we risk not being able to fully embrace the dignity of each and every person as a child of God, regardless of their current state of health or ability.

Making It Personal: What is your reaction to the quote from Raymond Lindquist, “Courage is the power to let go of the familiar”? What is your response to Anna Courie’s thought about how the lens through which people have typically viewed people with illness or disabilities? Can you think of a time when you had the courage to let go of something you were doing, or a particular way of thinking that you came to believe was hurting yourself or others?