

Saturday, April 4, 2020

Rooting Ourselves in God’s Grace

by Scott Stoner

We love because God first loved us.

—1 John 4:19

Sam Rodman inspired our theme for this week with his reflection on grace under pressure. We have explored various kinds of pressures that require us to be intentional about how we will respond with grace. We have reflected on the choice we have to respond versus react.

As people of faith, we know we are never alone in facing the pressures that come our way, and our courage to respond with grace is always grounded in God’s love and grace. As the Scripture above from 1 John says, we are able to love because God first loved us.

In order for a tree to grow and expand its branches, it must also develop and deepen its root system. The same is true for us. Any desire we have to grow and expand our capacity to practice grace under pressure will benefit significantly by our grounding (rooting) that growth in God’s grace.

A prayer for the Fifth Sunday in Lent reminds us that fixing our hearts on God’s grace will help us to face the “swift and varied changes” with grace.

Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found.

—Book of Common Prayer, p. 219

Making It Personal: What are your thoughts about the Scripture from 1 John 4:19? Do you see a connection between your ability to extend love and grace and the love and grace that God offers to you? How does the prayer at the end of the reflection speak to you?
