

Baruch 3: 14-end

Learn where there is wisdom,
Where there is strength,
Where there is understanding,
So that you may at the same time discern
Where there is length of days, and life,
Where there is light for the eyes, and peace.



I love this passage from Baruch. For the most part I am a positive person, and always try to find the best in another or in a situation, always looking for the learning in even the most difficult of places. Of course, I often fail, but return to God in my failure, and resetting my heart and mind in Him I step off again from that centred place. It seems to me that these words from Baruch describe that place quite eloquently.

Wisdom, strength and understanding are those attributes I seek most often, knowing that if I can find them (or perhaps allow them find me!) then a true sense of the sacred, the sacramental will be found in the most ordinary of places.

What attributes do you seek? Where do you look for them?

“Light for the eyes, and peace” – this is such restful and gentle promise. I get a sense that like the woman in this photo all I need to do is turn toward the sun and let the light in. The sunlight has just the softest touch – tender and warm. Like the caress of a loving parent, or the touch of a lover. God’s light is just that – His reaching out to us in the most intimate of ways. Sometimes we are moving too fast through each day to notice it, but if we stop for a moment and let the light touch our skin we will sense God’s closeness with us.

It is at that moment that we will find peace. It is at that moment our connectedness with the world around us, our feelings and sensations of what it is like to be born into God’s beautiful creation will bring us understanding – however briefly – and we will find length of days and life.

May you find light for the eyes, and peace this day.