

031118 Lent 4  
Reflection Title- **Giving It Up: Ego and Control**  
Micah 6:8  
Rev. Emma Chattin, Preaching

**First Reading ~** Micah 6:8

Listen mortal, God has already made clear what “good” is, and what does God require of you, but to do justice, love kindness, and walk humbly with your God?”

**Second Reading ~** *from Barbara Brown Taylor in “An Altar in the World: A Geography of Faith*

Once, when I was confined to bed for the better part of a week, I spent hours watching the sunlight that came through the slats of my wooden blinds move down the white wall of my bedroom. First thing in the morning it made honey-colored rectangles with soft edges. By 10: 00 a.m. the wall was striped with bands of light as straight as rulers. By noon they looked more like the rungs of a ladder, dappled with leaves from the winged elm outside my window. By 2: 00 they had lost most of their character, as the sun moved over the roof of the house and left the front yard in deepening shadow. This may sound boring to you, but it was not. It was beautiful. It was reassuring. It gave me a place outside myself to go. I did not have to do anything to make the light change. It had a routine it followed all by itself whether I was awake to watch it or not. If I did not like the way the light looked at a given moment, I knew it would change. If I loved the way the light looked at a given moment, I knew it would change. I could not speed it up and I could not slow it down. Not to put too fine a point on it, the light was my life and I knew it. Paying attention to it, I lost my will to control it. Watching it, I became patient. Letting it be, I became well.