

The life we have been given

Beloved person,

Throughout our lives, we are on a journey. We look ahead, make plans, set goals. We focus on what still needs to be achieved, experienced or understood. As if real life is always just a little further away. And before we know it, we may find ourselves experiencing the here and now primarily as a passageway, as something we must get through as quickly as possible...

But aren't we doing the here and now a disservice by treating it merely as a passing phase? What if, in the very time we have been given, something truly significant lies hidden? If we pause to reflect on this and consciously be present in the now, we may discover that time and attention are the greatest luxuries of the current time. Not the luxury of possessions or achievement, but of being truly present in one's own life, with others, and with what is here *now*.

That thought touches on the wonder of creation. The realisation that life does not first demand something of us, but gives itself to us. That we are allowed to be here, even before we have done or proven anything. Life has been given to us. Without any preconditions, with both limitations and countless possibilities. When we pause to reflect on this, we experience wonder and gratitude, and we can feel God's power deep within us.

Just as a tree does not doubt whether it is tree-enough, you, as a human being, need not doubt or prove that you are human-enough. You do not need to strive for more, better or bigger to be valuable. Growth is part of life, but growth is not the same as constantly putting yourself under pressure. It takes a certain effort to live life in this way. We are easily swept up in expectations – from the outside, but also from within ourselves. As if we can always become who we want to be and completely shape our lives to our will.

In that light, the words from Matthew – *'Not my will, but Your will be done'*¹ – take on a different meaning. Not as a call to put oneself last, but as an invitation to trust. That we need not desperately chase after our own ideal. That we do not let external expectations dictate our path, but give space to what wishes to unfold within us.

What would it mean if we let ourselves be less driven and open up more to the life that is unfolding before us right now? When we learn to see things this way, we come closer to our true selves. Our life is not a project that needs to be completed. You are already a valuable part of the greater totality. When we truly realise this, can we then look at others in the same way?

Creation is the source from which all life stems. This means that we are all connected and form part of the same totality. Not a single part of it exists for no reason. Every person can give something back to creation, something that no one else can give. Is that not what the diversity in nature shows us? We do not all have to be able to do, think and know exactly the same things. We complement one another and help one another where necessary. We are allowed to live life together!

When we dare to be present in our own lives with time and attention, moving in trust with what wishes to unfold within us, and wishing for, and giving that space to others too, creation can manifest itself in its most beautiful form.

With a warm-hearted greeting,
Thessa Boddenberg and Irene Sijbrand



¹According to Matthew 26:39 NKJV