

J U S T   A   M I N U T E

meditations for

deeper  
trust



Kathryn J. Hermes, FSP

Meditations for  
*Deeper Trust*

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# Introduction

When someone encourages you to trust in God, do you feel like you've tried to, but you just can't seem to do it?

Trust is not something we do or achieve through our effort; it's a *response* to what God has done and is doing. In this book we will meditate on the *evidence* of God's trustworthiness, as shown in the Bible. Once we see proof of God's caring action in salvation history, we can also see it in our own history. Our trust then flows from being convinced that God is steadfast and reliable.

The meditations in this book are my go-to scripture meditation and prayers when I'm overwhelmed with life and the devil tries to make me believe I'm on my own. When I read them, I know with a deep-down surety that I'm valuable in God's eyes and that he is glad he created me . . . and there is no way he will let me fall from his hands. Scripture is the way we connect to God's heart, where we are astounded as God tells us what he thinks about us. And it is amazing!

So here is an easy method of reading these meditations that I use. It will unlock in your heart the courage to believe in God's desire to save and bless you in all things:

1. God will lead you to be interested in certain meditations. Go wherever God leads you. You don't have to read these in order unless you'd like to.
2. Before you read, stop and remember a moment when someone delighted in having you around. Tell God how grateful you are for that gift of love.
3. Begin to read the meditation. Relish what you read. Notice the words and phrases that seem to light a fire that warms your heart. Enjoy the safety and beauty of that moment.
4. Talk to God about what is burdening you right now. Then reread the words of Scripture in the meditation, hearing them as if God were speaking them to you by name. Even place your name right in the passage and imagine God speaking these words to you directly. Notice what it is like and tell God how grateful you are.

My wish for you is that you place yourself before the Lord as an empty canvas, trusting that in all things the divine Artist of your life will paint the story of his love for you in both bright and dark colors, with both delicate and bold strokes.

# How Great Is God's Love

See what love the Father has bestowed on us that we may be called the children of God. Yet so we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like him, for we shall see him as he is. Everyone who has this hope based on him makes himself pure, as he is pure.

1 JN 3:1-3 (NABRE)



Jesus' last will and testament was that his disciples would see and *share* in the glory that he has with the Father. Thus, this seeing becomes *participation*. We watch movies about Jesus or read the Scriptures. We may often feel like we are "on the outside looking in." In reality, though, God has loved us with an extravagant, undeserved love. We have been granted a share in God's life through the Holy Spirit who has been poured into our hearts. The

Spirit within us is the guarantee that our participation in the life of God will not end in disgrace. God himself has given us the promise and is quickening within us the divine life to come. God himself will keep his promise in us. This is a consolation for all those who mourn and worry about their loved ones who have left the practice of their faith or who no longer believe in God. Ask God to fulfill his promises to us, to give us the first fruits of salvation already sown in our lives at our Baptism through the Spirit's gift. We are called to abide in the Spirit's love within us, and God will chase after the person who runs from his love.

*In your hands, my God, I place all those who flee from you. Let their journey ultimately end up in your arms.*

# The Riddle of Our Existence

Blessed be the Lord God of Israel,  
for he has looked favorably on his people  
and redeemed them.  
He has raised up a mighty savior for us  
in the house of his servant David,  
as he spoke through the mouth of his holy  
prophets from of old,  
that we would be saved from our enemies  
and from the hand of all who hate us.  
Thus he has shown the mercy promised to our  
ancestors,  
and has remembered his holy covenant,  
the oath that he swore to our ancestor  
Abraham. . . .

LK 1:68–73



This Gospel passage reveals a lot about God's work and his creative love. Luke uses words of *mercy* and words of *action*. Sometimes we wonder where God is. Those who bear great sorrow in their

hearts can often find themselves overwhelmed by questions and loneliness. Where is God? What does it all mean? Zechariah's canticle, however, proclaims that God *is* mercy and action. God never promised to rescue his people from the human condition. Instead he did something so wondrous we could never comprehend it: the Father sent the Son to *share* our human condition *with us*. He was born. He grew up. He suffered. He was betrayed. He was alone. He died. And he rose from death and ascended into heaven *where we are now able to follow*.

*Jesus, you showed us that what we experience as the human condition does not contain the key to the riddle of our existence. Only Love does. Help us to gradually become strong enough to love even in the midst of disappointment and pain. May we share in the power of your salvific love, that we might discover the ultimate meaning of our lives.*

## How God Slips into Life

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, “Come forward.” Then he said to them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Mk 3:1–6



Reading this Gospel passage, it is easy to forget that it was as a member of the Jewish community that Jesus claimed to have the authority to do what God alone can do—forgive sins. Jesus’

activity and teaching must have baffled his contemporaries. They struggled to figure out exactly who he was and why he thought he had the authority to do what he did. Those who watched him carefully in the synagogue that day hoped to gather enough evidence to accuse him. They had lost the open wonder and amazement at God's power, which they had witnessed when Jesus healed the paralytic. Now they were no longer inquirers, observers, or disciples, but his judges. They had made up their minds that the words of this rabbi couldn't possibly be from God. It is so easy for me to slip from being disciple to judge. Every time I put myself, my comfort, my ideas, or my excuses before obedience I am no longer a disciple. Instead, I have put myself in the place of judging the worth of Jesus' teaching and examples. I forget that God slips into my life in baffling ways, turning my values and judgments on their head.

*Lord, help me to remain amazed and not angered by you who interfere with my pride and my plans, trusting that you know what you desire to make of me and how you plan to use me. Amen.*