

14<sup>th</sup> October 2020

## Equilibrium

**“Thou art weighed in the balance and found wanting.”**

*Bible, Daniel 5:25*

The quotation above comes from the amazing story of Daniel being called to interpret the writing on the wall of King Nebuchadnezzar's palace. *Mene, Mene, Tekel, Upharsin*, the finger had written, a warning for the king and his kingdom that things were not as they should be, a challenge by God to a ruler and a nation to turn from corruption and godlessness. The balance was disastrously wrong, and it's a warning to every nation and community as it seeks lasting stability. But it might equally be a challenge to any individual, not just relating to bad living (though, if the cap fits ...) but to find a life that's in balance, to make sure we live with equilibrium.

When I spent time with the Church of the Saviour in Washington DC, this equilibrium was described as the “journey inward and the journey outward”, a balance between spiritual and material, reflection and action. Finlay Edge, in a review of the Church of the Saviour's 1975 *Handbook for Mission Groups* says: “It may seem strange that the church which for the last two decades has been the model for being the most socially involved and activist is the church that is now magnifying ... the inner life of devotion and contemplation.” This is balance. This is equilibrium.

In *Bless the Space Between Us*, John O'Donohue offers a prayer for equilibrium. His words, therefore, are our “Prayer for Today”.

*Like the joy of the sea coming home to shore,  
May the relief of laughter rinse through your soul.  
As the wind loves to call things to dance,  
May your gravity be lightened by grace.  
Like the dignity of moonlight restoring the earth,  
May your thoughts incline with reverence and respect.  
As water takes whatever shape it is in,  
So free may you be about who you become.  
As silence smiles on the other side of what's said,  
May your sense of irony bring perspective.  
As time remains free of all that it frames,  
May your mind stay clear of all its names.  
May your prayer of listening deepen enough  
To hear in the depths the laughter of God.*

*An original reflection by © Tom Gordon*

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