## COMMUNITY Contribution





Sandy Abbey

## Spirituality of the Heart Responds to the Ills of Our Times

The spirit of the world says that externals are all important – looks, property, and possessions. You are what you have.

Spirituality of the Heart says your looks and appearance can be very deceptive. You must look into the heart, into the depth of life, to see who we really are.

The spirit of the world says that life is a test and success is everything. It abhors failure and disappointment.

Spirituality of the Heart says that failure can be more important than success. We can learn even from the sad and more difficult times.

The spirit of the world says that the great problems – unemployment, lack of stewardship, violence – have nothing to do with me. I've just got to mind my own business. Spirituality of the Heart says that I am responsible for everyone, everywhere, at all times.

The spirit of the world says that love is about things going well and according to my plans. Spirituality of the Heart says that love is about giving of myself even when I feel that I cannot.

The spirit of the world says there is no such thing as forgiveness because there is no such thing as sin.

Spirituality of the Heart says that forgiveness is the greatest reality that we can know. We sin, we fail, yet we can be freed to forgive and go on.

The spirit of the world says that I need to do things and win people's affection to feel love. Spirituality of the Heart reminds us that God calls each of us beloved sons and daughters just for being who we are.

The spirit of the world says that failure is final and demands retribution from anyone who makes a mistake.

Spirituality of the Heart reminds us of the compassionate and forgiving love shown through Christ's redemptive act on the cross.

The spirit of the world expects me to be perfect and see my brokenness as a weakness to be hidden.

Spirituality of the Heart invites you to see your brokenness as the gateway towards compassion for yourself and others.

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