



Dead Man Walking

Read: Luke 20:27-38

In the gospel, Jesus tells his audience that God the Father is “the God of the living not the dead.” Although he is referring to the resurrection of the dead to settle a dispute, his words have an implication on our own lives. We must make sure that we remain spiritually alive.

Sometimes our faith can fall into a rut. We say the same old prayers, sit in the same old pew, and follow the same old routine. This may cause our faith to lack the vibrancy it once had. We may feel spiritually dead. But that’s not what Jesus had in store for his followers. Jesus promised his followers that they would live “life to the full” (John 10:10). Not just during our earthly life, but also the resurrected life to come.

In Ezekiel 26:36 God promises to give us “a new heart and put a new spirit” in us. This new spirit is enacted in our lives when we begin to worship God from the depths of our hearts. Worshiping God is a daily activity. It is a mindfulness of God’s presence. It is seeking opportunities to give thanks to God in all circumstance (1 Chron. 16:34). Through worship our hearts are elevated and reside in God’s presence.

Worship places God at the center of our lives. If we do not lay a foundation for our faith through the act of worship, our spiritual lives will become stagnant. That is why God tells us that Sunday mass and fellowship are important. They are opportunities to come together as a community and worship God together “in spirit and in truth” (John 4:24).

When our spiritual vibrancy wanes, we must focus on mindful worship. A heart that is filled with worship is a heart that is truly living joyously for God. Worship orientates our lives towards God, and it is his presence that breathes new life into our hearts. Both now and for eternity.