

FROM FEAR TO LOVE Spiritual Grounding in Anxious Times

“Transforming Anxiety Into Hospitality”

August 13, 2022 | Meditation Part Five *with Marjorie Thompson*

On Humility Regarding Different Ideas

Are you persuaded you see more clearly than me? It is not unlikely that you may. Then treat me as you would desire to be treated yourself ... Point me out a better way than I have yet known ...; take me by the hand and lead me as I am able to bear. But, I entreat you not to beat me down in order to quicken my pace. Suppose I were ever so much in the wrong, I doubt this would set me right. Rather it would make me run so much the farther from you

Perhaps, if you are angry, so shall I be too; and then there will be small hopes of finding the truth. If once anger arise ... this smoke will so dim the eyes of my soul that I shall be able to see nothing clearly. For God's sake, if it be possible..., let us not provoke one another to wrath ... For *how far is love, even with many wrong opinions, to be preferred before truth itself without love!* We may die without knowledge of many truths, and yet be carried into Abraham's bosom. But if we die without love, what will knowledge avail?

- John Wesley, from his *Preface to the Sermons*

Listening as Spiritual Hospitality
by Henri Nouwen

To listen is very hard,
because it asks of us so much interior stability
that we no longer need to prove ourselves
by speeches, arguments, statements, or declarations.
True listeners no longer have an inner need
to make their presence known.
They are free to receive, to welcome, to accept.

Listening is much more than allowing another to talk
while waiting for a chance to respond.

Listening is paying full attention to others
and welcoming them into our very beings.

The beauty of listening is that,
those who are listened to start feeling accepted,
start taking their words more seriously
and discovering their own true selves.

Listening is a form of spiritual hospitality
by which you invite strangers to become friends,
to get to know their inner selves more fully,
and even dare to be silent with you.