



## St. Matthew's Cathedral eNews

Christ + Compassion + Community

*From the Dean*

### How's your Soul These Days?

**"For you yourself created my inmost parts; you knit me together in my mother's womb."—Psalm 139:12**

Have you thought about the state of your soul lately? I've been reading a book by Richard Rohr entitled *Falling Upwards*. Father Rohr, a Franciscan friar, says that God gave us our soul with a clean slate, and he expects us to return it to him in improved condition. He further says that as we come to deeper faith in Christ, we have to unlearn many things that we learn from the world that is not really of God.

It's sort of like my coffee cup. One of the things that I seldom do at the office is to wash my coffee cup. I'll admit that it is not a very appealing sight: to see the coffee drips around the outside of the cup and to see the residue ring on the inside. But, it has become such a familiar sight that I rarely notice. Sometimes a visitor will notice and remark on the grunge on my cup. Then, I will realize that it does, indeed, need to be washed.

Life is like that. Our souls are so often filled with "stuff" that we've acquired from people who often don't really have our best interest at heart. People tell us we don't measure up. The world tells us that we have value based on the size of our bank account. Even our father and mother can fill us with guilt, insecurity, and low self-esteem as they project their own insecurity and pain upon us. And our souls become damaged.

Then we live life at a really fast pace so we won't have time to notice that all is not well with our soul.

What can we do to repair our souls and erase the trash talk that is written on our soul?

First, **spend some time praying**. God speaks to us in prayer; and if we get quiet and listen to Him, we might hear him tell us that He loves us and that the garbage we've taken is, in fact, not true.

Second, **join a small group of people studying the Bible or a spiritual book**. These are generally fellow travelers who are safe for you to share your life with. They won't damage your soul. (It's hard to be mad at someone when you're studying the Bible together.)

Third, **study the Bible for yourself**. If you don't know how, get a Bible study booklet (any of our clergy staff members can make a suggestion or loan you a good one). Learn to read the Bible for yourself. It will nourish your soul. Keep it up and just maybe, by the time you meet your Maker, your soul will be in better shape than when He first loaned it to you.

Fourth, reach out to someone and make a difference in their life--if even in a small way.