



## *Raquette Lake Chapel Sunday Reflection November 15, 2020*

---

**Sunday Reflection Mantra:** Psalm 51:10-12

Create in me a clean heart, O God  
And renew a right spirit within me.

**Scripture From the Beatitudes, Matt 5:8-9:** “Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God.”

### **A Morning Mantra**

Yes, a mantra, a prayer if you like, said aloud or silently to yourself with God listening. Starting the day by washing the soul clean, even before washing our faces. How else can we approach the Holy One? How else can we ever expect to see the Holy One? Our soul is smudged throughout the day, like our glasses, by business and distractions, pursuits and challenges, which cloud our vision and separate us from our fellow brothers and sisters and from God.

At the end Matthew Chapter 5 we read “Be ye therefore perfect, even as your Father which is in heaven is perfect (5:48).” The Beatitudes are the steppingstones to that perfection. But what is this purity of the heart of which Jesus speaks which leads to perfection, which leads us to become peacemakers and children of God?

We all know people whom we would describe as ethical, moral, and so forth, but that does not lead us to “see God.” Morality is like a foundation; it is not the superstructure. What is needed is an overhauling of the mind and heart, their purification, and faith. St. Paul in Romans 12:2 says, “Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” I recently heard it described this way: faith and patience.

If we continue to see ourselves as separate from our fellow brothers and sisters and God, we will continue to wander through life with dirty glasses. Let us pray our mantra each day for a new clean heart and live accordingly...with patience. Amen.

**Special prayers this week:** an increased focus on controlling the spread of the pandemic and comfort for those suffering from its effects, prayers for the souls who have died from it and comfort for their families; pray for an end to the wildfires in the West; a peaceful transition of power in the United States following the election. Hear our prayers O Lord!

[www.raquettelakechapel.org](http://www.raquettelakechapel.org)