



### **302: Discomfort: An Unconventional Gratitude**

Silence, you are welcome here today. I crave you and I'm suspicious of you. What can I say? You're a fickle friend and so am I. I want the peace you bring, but I could do without your lack of answers or your indifference to my impatience. Maybe we can meet in the middle. Silence, you are welcome here today.

Discomfort, you are welcome here today. I say this through clenched teeth. If I'm honest, I would never choose you, but maybe I need you to choose me so that I can remember that even though I don't like you, you're what I need to grow. With you by my side, I'm more prepared to know my neighbor, to take a risk, and to learn something new. Discomfort, you are welcome here today.

Questions, you are welcome here today. You already know I prefer answers, but lately you're my only option. Instead of pushing you away, for once, I'll hold you close. Show me what I need to know in my unknowing. Teach me a childlike curiosity. Questions, you are welcome here today.

Celebration, you are welcome here today. I'm not one to throw a party, but sometimes it's the only thing that fits. I confess, I don't speak your language well. I'm a beginner here. Sit down beside me and teach me to hope. Celebration, you are welcome here today.

Courage, you are welcome here today. I confess, I'm not sure you'll like it here. I hope you do, but I have my doubts. If you stay, I hope you'll stretch all the way out, pass out every gift you brought with you. I promise. I'll try them all on. Courage, you are welcome here today.

Spirit, you are welcome here today. I'm pretty sure there's a song that has that lyric. I'll admit, I haven't been singing that one lately, but I'm learning that you bring solace in the silence, peace and discomfort, acceptance in the questioning, celebration in the hesitation, and courage even when I feel afraid, alone, or indifferent. Spirit, you are welcome here today.

Amen.