

Living in the Desert

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Entering the month of August seems to bring dry hot days, reminding me again of the changing seasons. Reflecting on my life's seasons, I find the desert places in my life; thankfully, looking back I see God's presence, even in the desert.

What can our practice of SD offer those in the desert? Armed with faith in the grace and presence of God, we pray and accompany, gently drawing attention to the hand of God. We encourage the "remembering" of God's faithfulness, giving food for the journey.

As spiritual directors, we too find ourselves in the desert, "taken by the Spirit" into the desert (Matthew 4:1). We humbly surrender to this place God has us in, without pretending. Continuing to meet with our own spiritual director is so important to the integrity of our practice.

May God use the desert experiences of life to grow us and to reveal our true self, as found in Christ. Amen.

*O God, you are my God,
earnestly I seek you;
my soul thirsts for you,
my body longs for you,
in a dry and weary land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
My soul will be satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
My soul clings to you;
your right hand upholds me.*

Psalm 63:1-8