

# **The Source of my Strength**

by Rev. Stephen Towles (February 21, 2010)

To be courageous takes strength,  
Not so much in my muscles  
As in my heart and mind,  
Because that is where God is.

God is the source of my strength,  
Giving me courage,  
Giving me compassion,  
Giving me wisdom.

Do I have the courage to make the journey?  
To feel things with passion,  
To understand my feelings,  
To be in the question?

Jesus had the courage,  
To empathize with everyone,  
To feel their pain,  
To accept them as God's beloved.

He didn't have the science,  
But he had the heart.  
He understood his goodness,  
He saw it in everyone, even the Romans.

What are you feeling?  
Can you identify your emotions.  
They are there, wanting attention,  
Even if you deny them.

They will transform your life,  
Give you depth and substance.  
And lead to the divine,  
To the practice of compassion and wisdom.

Beloved, You are my child in whom I am well pleased,  
Says the divine to those who feel.  
For in your feelings lies the pearl of great price,  
It is yours, right now, just feel it.