

I try to pray every day and in particular thank God for sending His Son Jesus Christ to save me from my sins. But I feel so inadequate when it comes to truly appreciating the depths of this sacrifice. My efforts seem sort of like a game of freeze tag where I tap the subject quickly as I run on to something else. Or it's like tagging first base as I run hard for second.

This is such an important subject that I know that I must take more time and depth of thought. Tapping is not good enough; there must be more of a solid, meaningful interaction. I have to purposely slow down and experience this moment.

It is so easy to skip by this, like a stone skimming across the water; not making anything but minimal contact. We rush by the crucifixion scene as we might an injured animal along the road. We don't want to see it; we don't want it to impact us. But we all need to stop and consider, to reflect, and then to fall down onto our knees.

We have to "stop and smell the roses", as the saying goes. We must stop and feel the wounds, as Thomas once was allowed to do. Indeed we should be stunned by the power of the Goodness that compelled this sacrificial act. We should be stopped in our tracks as Paul was stopped by the "flash" as he traveled on the road to Damascus.

The problem in my prayer life is not just being inadequate, but doing an inadequate job. I don't work hard enough to pay the proper credit and homage to Christ the Savior. I have a similar problem during the time of the Lord's Supper. In this act we should also slow down our lives for a minute and be sensitive to the full impact of what Christ did for us.

I have found a way to change the picture in my mind: rather than being free to run on past the goal, I think of plunging into a pool of water. As anyone knows who has done this, there is a sudden resistance to your movement. And yet, the resistance enables you to maneuver.

The water surrounds you, and you feel it all around. In a sense you embrace it as you tread water. It causes you to spend more time in its presence. And getting out takes a bit of work. But there is such a breathtaking feeling of diving in the water and being totally submerged in it. We all need to take the plunge into the presence of the cross, and understand more fully the wonderful grace of God.