

Opening the Doors of Mercy

Week 1– Opening the Inner Door

*“Not knowing when the dawn
will come I open every door”*

Emily Dickenson

“Opening the door of our heart allows us entrance to the vast treasure of who we are and the Divine presence within. We have an immeasurable amount of love and tenderness if only we open the door to discover it.”

Countless doors open for us through myriad possibilities such as a profession of love, meaningful prayer, a startling thought, a comforting emotion, a challenging dream, a pressing intuition, a peace filled stillness, a provocative book, a glimpse of nature’s beauty or the voice of someone we encounter. These sources and others are doors that lead to a keener perception of ourselves, and the one who dwells within. Every moment invites us to discovery.

While we are urged to open this door to growth it takes both attention and awareness. Anytime we slow down, decrease our hurrying, or deliberately choose to stop and consider what is happening (or not happening) in our life we are preparing to open the door of our heart.

When I open the door of my heart, I open myself to grow and change in ways I may never dream likely. I risk being transformed into a person whose life continually manifests goodness. The choices and decisions I make determine whether I will go through the door and enter the unknown territory of growth or to turn back and cling to the safety of who I am. I greet at that door fresh ideas, along with possible changes in attitude and emotional response”

Adapted from Joyce Rupp, *Open the Door, A Journey to the True Self*

As you read over this reflection...

What do you notice?

Where are your eyes drawn?

What’s staying with you?

How are you challenged by this reflection to notice the doorways that invite you to fresh ideas or new understandings?

To growth in your capacity for Mercy?

