



## *A Season of Rebirth & Renewal*

**By Rev. Dee Dale**

Spring brings forth the thoughts and feelings of new birth and renewal of life to God's creation. For years I viewed this through nature and gave little thought of humanity. However, God has showed me a new meaning through Easter. Every time we complete the season of Lent and Easter, I am so totally focused on the renewal of spiritual life for all.

One of the biggest spiritual questions we ask ourselves and look to society to answer is, "Am I acceptable to God as I am or do I need to do something to make myself worthy before God?"

Once we discover that we are recognized by God as God's child, we then become a lover of God and of those God created. We look at humanity differently and develop a love of goodness to bring forth healing and assistance to all God's creation. Goodness makes God happy, makes humanity happy and makes us happy as we all work together and love one another. Goodness also frees our memories and self images of shame and guilt. We no longer feel separated from humanity or God.

As a result of our freedom, our self esteem improves and is open to receive love and allow our lives to walk away from sinful activities. Once we discover the righteousness of God's love for us and others, we begin to work on our old habits. A good question to ask ourselves is, "Is this habit helpful to God and others?" As we answer these questions, our lives begin to reflect on improvement. We have discovered that we are finally living the life God had intended.

We also renew the understanding that spiritual life encompasses everything we do, and how we do it.

True spiritual progress builds the ability to live appropriately and be happy, bright, and fulfilled under a larger and larger range of conditions.

Spirituality is about orientation. For a truly spiritual life, all we need is: constructive and responsible orientation toward our obligations; good will and loving intentions toward humanity; and faith in God; and faith in ourselves.