



“Jesus Wept.”

R Ward
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The shortest verse of the Bible offers us a starting foundation, not only for survival in this moment, but for the resurrection we all need.

Throughout Jesus’ life we witness his humanity before, during, and after key moments of his miracles, witness and teachings. Perhaps, this single verse in John is becoming the most important human moment of Christ for me.

To weep is to feel and to feel is to come home to our bodies. And, friends, to come home to our bodies is to come home to God.

These times are unimaginable and yet nothing is new before us. Humanity continues to wrestle with its choice of love over violence. And, God continues to remain in our midst offering a better way.

The very key to this better way rests within our own bodies where the imago dei resides within us. Daily waiting for us to access the choice of God’s love over hatred, violence and disdain. It is no wonder then that fascist empires across the ages have sought to disembody our bodies.

So, I offer this brief reflection to encourage and say I believe weeping is enough right now. Weeping will help us return to our empathy and stay intact to our bodies where God rests within us.

Like Lazarus, may we hear the cries of



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Jesus and come out of hiding into our bodies; into the loving arms of God and one another.

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