

When have you last had an encounter with Jesus?

Recently I was reading a novel by Catherine Winspear that triggered a question: *How do I balance self-care and service?* This question seems especially applicable for me because my days are so much rest and so little service. Sometimes self-care seems like an excuse to be lazy or to avoid Kingdom work. But almost immediately Jesus answered my question by assuring me that self-care can be service since self-care is caring for the body He gave me and the limitations that I experience are given to me by him. This “conversation” was an encounter with Jesus.

Encounters with Jesus do not have to be a sudden appearance of a light on the road like Paul had; or an angel suddenly appearing in my kitchen like Mary. In fact for me, encounters with Jesus occur most often through other people. Sometimes these encounters are through conversations, other times through a bowl of soup. But when I am looking, I see that these are encounters with Jesus and through them Jesus challenges, transforms, comforts, energizes, and equips me for a life lived connected to him.

One way to recognize our encounters with Jesus is to take a few minutes at night to review your day. During this time you ask Jesus to show you when he met you and made a difference in your day, your life. Keep a journal of these encounters. This journal can help you remember them and like Mary of Nazareth, it can help you “ponder them in your heart.”

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