

## Unlocking the door

Joyce Rupp | Oct. 22, 2010

### *Reflection:*

Have I locked a door that keeps me from expanding my relationship with God, self or others?

### *Meditation:*

Sit quietly. Enter into stillness. Picture Christ coming through the locked doors of the house where the disciples are hiding. Hear him say, "Peace be with you." Imagine the powerful release of apprehension that gradually took place in their hearts.

Now, focus on a part of yourself that has a locked door or is wary of some aspect of growth. Imagine these words addressed to you: "Peace, peace to your heart." The words are repeated until peace settles within you. Let the locked door gradually open. Be at peace.

### *Prayer:*

Risen Christ,  
you came through the locked doors  
of the fearful disciples' house.  
Come through the locked doors  
of my inner dwelling place.  
Bring your enveloping peace  
to where I am most in need of it.  
I open the door of my heart to you.  
I open the door.

### *Scripture to carry in your heart today:*

Peace be with you (John 20:26).