

## Compass Devotions

### Week 2: The South: Resilient Truth



This week, we pivot from the East and turn toward the South. The South as a cardinal direction represents feelings, passion, resolve, and banishing negativity. Life engages here, and the South encourages us to experience life through all of our senses. The life engaged with the cardinal direction of the South is pleasurable and dynamic. The South energizes faithfulness, courage, and enthusiasm. Its element is fire. It can be described by the phrase “go ahead and take a leap of faith!”

The South on my compass represents Resilient Truth. Now there are a couple of terms to be unpacked, no?!

According to the dictionary, this is what resilient means:

1. Able to withstand or recover quickly from difficult conditions
2. Able to recoil or spring back into shape after bending, stretching, or being compressed

It is important, I think, to note that resilience does not mean putting up with bad stuff. Boundaries are important, and if you are ill-treated – physically, mentally, emotionally, spiritually, that is NOT OK! It also does not mean that because you bounce back all is well. It is OK to feel your feelings and to take time and energy to process past trauma.

That having been said, there is an important reason why I chose resilience as the descriptor for the kind of truth I want to explore in these reflections. We are living in a time where truth appears to be up for debate. I think it is important for us to explore what we mean by truth, the differences between truth and facts; and what in the world I mean by living a truth that is “resilient”.

To begin, let’s also look at definitions of “truth”:

1. The body of real things, events, and facts: actuality; the state of being the case: fact; when capitalized (Truth) a transcendent fundamental or spiritual reality; a judgment, proposition, or idea that is true or accepted as being true (the truth of thermodynamics)
2. The property of being in accord with fact or reality; fidelity to an original or to a standard
3. Sincerity in action, character, and utterance

Whew! That's a lot to absorb, let alone unpack. I hope you will travel south with me this week and explore resilient truth. I would love to hear your thoughts/learnings/questions/wonderings....

My prayer for us this week:

God of the concrete and the abstract,

Let us begin with the truth that we are all your beloved children; as is all of creation. When we begin in love, we can honor our own truth and the truth of each human and non-human around us. Help us to be open to the hearts of those around us, help us to be open to the fire of new ideas and different thinking. Journey with us as we learn how the truth of your love can bounce back from any hardship or disagreement. Amen.