

Ordinary Meditation

Dietrich Bonhoeffer

Above all, it is not necessary for us to have any unexpected, extraordinary experiences while meditating. That can happen, but if it does not, this is not a sign that the period of meditation has been unprofitable. Not only at the beginning, but time and again a great inner dryness and lack of concern will make itself felt in us, a listlessness, even an inability to meditate. We must not get stuck in such experiences. Above all, we must not allow them to dissuade us from observing our period of meditation with great patience and fidelity. That is why it is not good for us to take too seriously the many bad experiences we have with ourselves during the time of meditation. It is here that our old vanity and the wrongful demands we make on God could sneak into our lives in a pious, roundabout way, as if it were our right to have nothing but edifying and blissful experiences, and as if the discovery of our inner poverty were beneath our dignity. But we will not make any headway with such an attitude.

from: Life Together