Spiritual Practice: What Is Worthy of Your Reverence?

Adapted from a meditation by the Rev. Cameron Trimble

Throughout history, people have bowed before kings, emperors, religious authorities, and political leaders. Bowing can show submission, but it can also be a beautiful gesture of gratitude, humility, and reverence. Its meaning depends on what we are honoring.

Today, take a quiet moment and stand comfortably, or stay seated if that feels better for you. Place your hand over your heart and think about what Jesus teaches you to hold most sacred. It might be love, compassion, truth, justice, or dignity of every living being.

Now, gently bow your head in respect for that commitment. Let this gesture be a physical expression of where you choose to place your deepest loyalty.

Then think of someone whose humanity is often overlooked by those in power and authority. It could be a refugee, someone living under occupation, or a person in your own community whose voice is rarely heard. Bow your head again, this time to honor their inherent dignity.

As you list your head, speak these words, or find your own: *God of love and life, may I never bow before power at the expense of your love. May my life honor what is sacred in every human being.*

Carry this gesture with you throughout the day. Whenever you hear a leader praised for strength or dominance, gently place your hand over your heart and remember what you have chosen to honor and hold dear.