

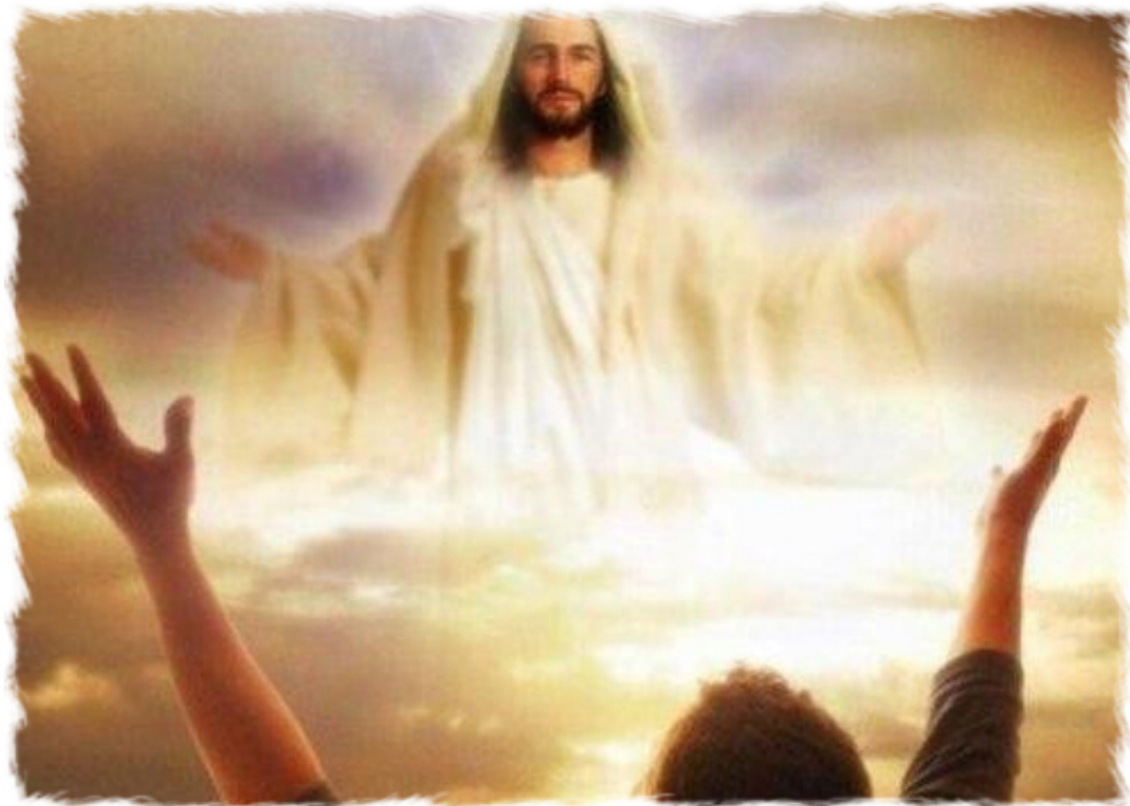
St. Mary & St. Joseph Coptic Orthodox Church  
11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • July 7, 2020

# THE ROCK

THE LORD IS MY ROCK.  
- PSALM 18:2

*Daily Meditation*





## Reflection on (Proverbs 25: 27-28)

*It is not good to eat much honey; So to seek one's own glory is not glory. Whoever has no rule over his own spirit is like a city broken down, without walls.*

During these difficult time I find myself in, I have come to the realization that my self control was not as strong as I thought it was. My life pre-covid was busy, scheduled and very organized. I would set up my own days, arrange my own meetings and fulfill all of my obligations. Post-covid things are looking very different.

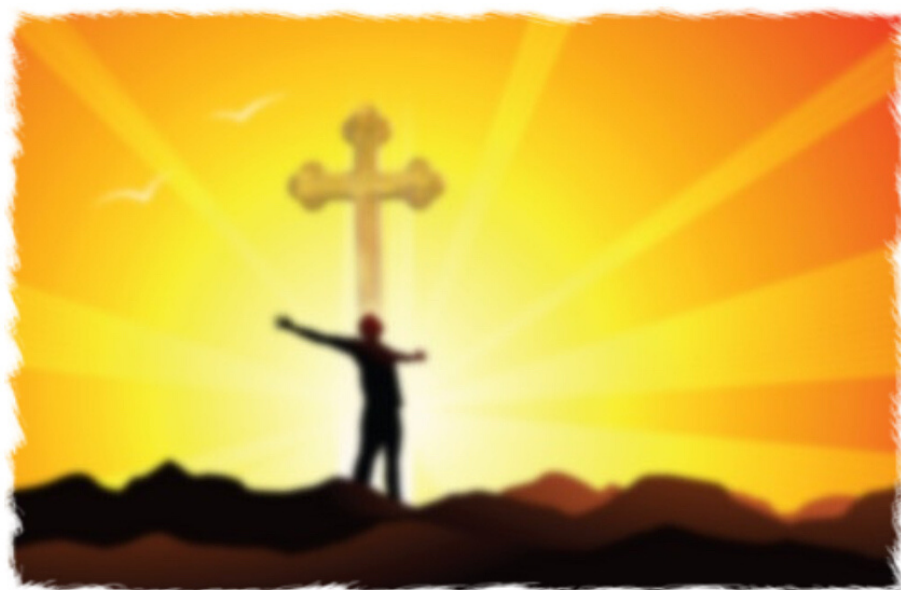
I struggle to follow the same sleep schedule, to attend my classes, and to follow the same spiritual path I was on. At first my initial thought was to blame covid. Why not, everyone else seems to be struggling thanks to it. It's covid fault I stay up till 3 am, or because my classes are so boring, and it's definitely covid fault that I haven't found time to pray in the last 3 1/2 months. But that can't be further from the truth. The reason why I'm struggling in all of these aspects is because I lack self-control. It is easy to have self-discipline when things are convenient and going exactly the way





you want them to go. But now, when things are at their hardest, all that discipline and control goes away in a heartbeat. Is this my fault? Am I just completely lying about my ability to be organized and disciplined?

Like a city whose walls are broken through is a person who lacks self-control. After much forced reflection, I have come to realize that it is not as simple as a yes or no when it comes to self-control. It is a complicated matter like the development of a wall. Just because I think I have a wall to keep myself safe, there are many gaps within my learning and acts that allow me to fall. The search and constant drive to improve your walls and to grow through difficult times is how we become stronger.



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