Finding God in All Things

A cornerstone of Ignatian Spirituality is this idea of finding God in all things. Since God is present in all things, however, it is not so much a matter of searching for God as of seeing and recognizing God.

It helps to bring perspective and purpose back to even the weariest of travelers if we’ll just take a moment to look for God in any aspect of our life. In a difficult time, we can find God in a path forward; or we find the path forward in God. Through our failures we can find God in a lesson learned. In the suffering of our fellow humans, we can find God in those who attend to their needs, and often enough in the suffering person’s demeanor. God is the glass half full of what is good and beautiful; we simply need to remember what makes that glass half full.

You might want to reflect for a moment on a little essay by Vinita Hampton Wright as she reminds us that each person is made in God’s likeness:

“I Saw Jesus Today”

I saw Jesus on the train today. He had worked a long shift, his coveralls a patchwork of sweat and grime; yet he joked with a coworker in the adjacent seat. I saw Jesus a while later, as the crowd filed onto the stairs to the street below—he was a young girl with two small children in tow, her nerves clearly frayed. And then, in the grocery store, there was Jesus again, a check-out clerk who smiled and wished me a good evening. The next time I saw him, he was stuck in traffic, his business suit rumpled and his eyes weary. And when I walked by my neighbor’s house, Jesus sat on the front step, passing the time with a friend.

When Jesus came to share our human existence, he changed what it means to be ordinary people going through the day. Each one of us has a purpose and a place in the world. Each of us experiences pain, fatigue, humor, and hope. If we look more intently at the people we encounter on a typical day, we will see who they truly are—persons loved by God. Regardless of
appearance or situation, the woman, man, or child before you is brimming with holy possibility. Consider that you are gazing into the eyes of God. Understand that Jesus comes to you in many faces and places.