

“Confronting the Masks I Wear”

+ Putting away falsehood let all of us speak the truth to our neighbors, for we are members of one another... Ephesians 4: 25

*Today I wrestle with the many masks of my life. A mask, of course, is a lie, a facade. It is not my true self created in God's image. Perhaps getting in touch with the masks of my life can free me of unnecessary burdens. Today I want to meet myself face to face, **“I want to quit hiding behind a mask.”***

From early years I have learned how to put on a mask, for survival. My masks come in many shapes and colors. There is my clown mask; I wear it when I am afraid of my own depth. There is my “I’m OK” mask that I wear when I don’t want anyone to see my vulnerability. There is my stone-face mask; I wear it when I haven’t spent time with my heart. There is my mask of selfishness that I wear when I can’t remember who I am. There is my “I’m too busy,” mask that I wear when I take myself so seriously that I think that the world revolves around me, or when I’ve forgotten how to play. Then there’s my rattling-on mask that I wear when I’m afraid of silence or when I am trying to cover up my insecurities.

I try to get in touch with the memory of how these masks that have kept me from living the truth and from being my best self. A mask is a great pain and a great lie. With sensitivity I touch the masks of my life. I walk with them today in prayer and ask the Creator to make me true to the image of my creation. I pray before the mirror of myself.

O Lover of Truth, *with gentle hands loosen the bonds of these masks. Let me walk in your light. Help me discover the truth underneath each mask. I want to receive myself as I once was, when I first came forth from your hands: poor, uncluttered, and free. Free to be me! Amen*

Read Ephesians 4: 25-26