

Quiet Space for Reflection

4-28-20

Practice of Presence: While seated in a quiet place, feet on the floor, hands in lap, eyes closed, take 3 slow, intentional deep cleansing breaths.

Lectio Divina (sacred reading)

Read silently (reflect)

Read aloud (then, respond silently to yourself, or say your thoughts aloud to someone with you, or e-mail your thoughts to our group to share.)

Rest in your reflections (perhaps re-read the passage again to affirm what it has to say to you)

First Reading:

The word 'Christian' means different things to different people. To one person it means a stiff, upright, inflexible way of life, colorless and unbending. To another it means a risky, surprise-filled venture, lived tiptoe at the edge of expectation. If we get our information from the biblical material, there is no doubt that the Christian life is a dancing, leaping, daring life. ~ Eugene Peterson

Every Christian's story is a freedom story. Each tells how a person has been set free from the confines of small ideas, from the chains of what other people think, from the emotional cages of guilt and regret, from the prisons of self . . . We are free to change. The process of that change is always a good story but is never a neat formula. ~ Eugene Peterson, *Traveling Light*

Second reading:

"Let love break into you and mess with you and loosen you up and make you laugh and cry and give you hurt because this is the only way to really live." Ann Voskamp, *The Broken Way: A daring path into the abundant life*.

Music Meditation: Close your eyes and enjoy *Simple Gifts* by Yo-Yo Ma and Alison Krauss

<https://drive.google.com/file/d/1zw-v iLouA rx39c8dlPBIPz-jT4LlSj/view?usp=sharing>

Guided Breath Meditation (5 minutes) by Denise DeForest Pastoor. Hover your cursor over the site, press "control" & left click at the same time, and it will open.

<https://www.facebook.com/denise.pastoor/videos/10216263185069352/>