

# Quiet Space for Reflection

August 25, 2020

**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:** A sacred reading adding intentional meditation on the words as one reads

**Read silently** (reflect)

**Read aloud to yourself** (then, respond silently to yourself)  
(or say your thoughts aloud to someone with you)  
(or e-mail them 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:**

We are to *abide* in Christ. We are to believe, to receive, and to let him take up his abode in us and bring to fullness our own unique being. It does not involve copying a perfect standard, which, though terribly difficult, is relatively safe.

What is really involved in being a Christian is far more difficult and exciting and frightening. It is to let Jesus Christ actually be within us and resuscitate within us all those wild hopes the world has taught us to distrust. It is the willingness to live without the security of the law, to live daringly without demanding answers, without having to know right and wrong. It is a matter of knowing that no matter what mistakes I make as I seek to maintain my relationship with him, there will always be another chance. It is to let him revive those great expectations that quietly disappeared when I learned to be 'realistic' about my limitations. It is to let the very word of God in Jesus Christ call to life the dead within me. It is to let him call me into being.

~ Gordon Cosby, *Handbook for Mission Groups*, Word Books 1975, quote found in *Invitations: God's Calling for Everyone* by Francis Dewar

## **Second reading:**

Jesus our brother, you followed the necessary path and were broken on our behalf.  
May we neither cling to our pain where it is futile, nor refuse to embrace the cost  
when it is required of us;  
that in losing our selves for your sake, we may be brought to new life.

~ Janet Morley, *All Desires Known*

**Guided Breath Meditation (5 minutes)** by Denise 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/>