

Quiet Space for Reflection

December 29, 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)

Rest in your reflections to affirm what it has to say to you

Reading for the Day

When you find yourself facing an issue in your life, the purpose or reason or good thing that might come out of it being completely hidden from you – what do you do? Do you worry and fret, become preoccupied with the problem? Do you ignore it or avoid it? Do you complain about it, do you want to run away from it? Or do you see it as a situation in which you might be able to experience the power and grace of God at work? Do you watch for the work of God that is to be done in this situation?

~ quote by Father John Yates, Falls Church, Va., from a book of quotes called *Father Timothy A. Kavanaugh*

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/>