

Quiet Space for Reflection

September 15, 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:

You never can measure what God will do through you if you are rightly related to Jesus Christ. Keep your relationship right with Him, then whatever circumstances you are in, and whoever you meet day by day, He is pouring rivers of living water through you, and it is of His mercy that He does not let you know it . . . It is the work that God does through us that counts, not what we do for Him.

~ Excerpts from Oswald Chambers, My Utmost for His Highest

Second reading:

In the name of Jesus Christ who was never in a hurry we pray, O God that you will slow us down, for we know that we live too fast. With all of eternity before us, make us take time to live – time to get acquainted with You, time to enjoy your blessings, and time to know each other.

~ Peter Marshall, 1902 - 1949

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/>