

Quiet Space for Reflection

June 16, 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 Sacred reading

Read silently Reflect

Read aloud to yourself 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:

Psalm 121 ~ I lift my eyes to the hills –
Where does my help come from?
My help comes from the Lord,
The Maker of heaven and earth.
He will not let your foot slip –
He who watches over you, will not slumber.
Indeed, He who watches over Israel will neither slumber or sleep.
The Lord watches over you –
The Lord is your shade at your right hand.
The sun will not harm you by day nor the moon by night.
The Lord will keep you from all harm –
He will watch over your life;
The Lord will watch over your coming and going
Both now and forevermore.

Second reading:

“As we travel along the road of faith, we are not alone. The living God himself is with us. His presence guards, consoles, and challenges us, energizing us as we journey.” ~ Alister McGrath, ***The Journey: A Pilgrim in the Lands of the Spirit***

“What matters supremely, therefore, is not, in the last analysis, the fact that I know God, but the larger fact which underlies it – the fact that he knows me. I am graven on the palms of his hands. I am never out of his mind. All my knowledge of him depends on his sustained initiative in knowing me. I know him, because he first knew me, and continues to know me. He knows me as a friend, one who loves me; and there is no moment when his eye is off me, or his attention distracted from me, and no moment, therefore, when his care falters.” ~ James Innell Packer, from his best-known book, ***Knowing God*** as quoted by Alister McGrath in ***The Journey: A Pilgrim in the Lands of the Spirit***

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/>