

# Quiet Space for Reflection

August 17, 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** (or re-read the passage again to affirm what it has to say to you)

## **First Reading:**

Hebrews 12:1-2 - "Lay aside every weight"

When we meditate on God's word, we need to "lay aside every weight" in order to really listen to God's word. We have already chosen to sit still, close our eyes, and meditate, slowly breathing in our deep breaths to take down our pounding pulse. Now. Are we really listening for God, or does our "to do" list start creeping into our special time to listen, and to be still with God?

"Try an emptying. First, try to separate the items on the list from thinking of God. Imagine the list going into a box to be opened after prayer time. In your mind's eye, see each nagging thought going into a box, falling to the bottom. In your imagination, watch each thought move from you to the box. When your list is done, turn back to your emptied self. Listen to your breathing, to the beat of your heart, to the hum of peace in your head. The box is saved. There is room now to let God in." ~ Erin Brown, *Sitting Still*

## **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/>