

Quiet Space for Reflection

December 1, 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:

“Give me a candle of the Spirit, O God, as I go down into the deeps of my being. Show me the hidden things, the creatures of my dreams, the storehouse of forgotten memories and hurts. Take me down to the spring of my life and tell me my nature and my name. Give me freedom to grow, so that I may become that self, the seed of which you planted in me at my making. Out of the deeps I cry to you, O God.”

**~ George Appleton, *One Man’s Prayers*,
adapted by Jim Cotter**

Second reading:

“The blessing of God, the eternal goodwill of God, the shalom of God, the wildness and the warmth of God, be among us and between us, now and always.”

~ Jim Cotter, *Prayer at Night*

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/>