

Quiet Space for Reflection

December 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)

Reading for the Day:

“I have found that gratitude is not a holiday or a time of year. It is a spiritual effort, a discipline of the heart and mind that has little to do with circumstances. Gratitude is a way of life focused on what is rather than what is not, a determination to find meaning without argument, a perspective of hope. It is, in some ways, a relationship with a Giver.

G.K. Chesterton wrote “Gratitude is happiness doubled by wonder.” I would add that gratitude is wonder even in the face of unhappiness. It is a deep practice, a habit, an intentional way of living, a way of seeing the world, and a way of managing through hardship. Gratitude won’t let us give up. It holds us in the present, in hope, and in love. I hope and pray it will find you, even in 2020.”

~ These words were written by Chaplain Jan Fuller, University Chaplain/
Lecturer, Truitt Center for Religious & Spiritual Life, Elon University

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/>