

# Quiet Space for Reflection

January 12, 2021

**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, and 3 slow exhales.

**Lectio Divina** A sacred reading adding intentional meditation on the words as one reads

**Read silently** Reflect on your reading

**Read aloud to yourself** Reflect once more on your words and what they have to say to you.

**Rest in your reflections**

**First Reading:** For this very reason, make every effort to add to your faith, goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness, and to godliness, brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. ~ 2 Peter 1:5-8

**Second Reading:** Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile. ~ Mother Teresa

**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/>

