

Quiet Space for Reflection

January 18, 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:

“And what does the Lord require of you but to do justice, to love mercy, and to walk humbly with your God.” ~ Micah 6:8

Second reading:

“I believe that we cannot read the Bible without drawing the conclusion that God calls us to be involved in the work of justice. The prophet Micah preached that religious worship without social justice was meaningless. The sacrifice acceptable to God involves these things: putting an end to injustice and oppression, sharing food with the hungry, offering hospitality to the homeless, clothing the naked. Doing justice is a spiritual discipline.”

~ Joyce Hollyday, from her book *Then Shall Your Light Rise: Spiritual Formation & Social Witness*

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/>