

Quiet Space for Reflection

January 26, 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

Reading for the Day:

We may test the premise that God uses the weak to confound the strong, as well as the promise that the God who made others different from us is revealed in them as well as us. “The supreme religious challenge,” says Rabbi Sacks “is to see God’s image in one who is not in our image,” for only then can we see past our own reflections in the mirror to the God we did not make up. I learned this from my religion, which also teaches me that encountering another human being is as close to God as I may ever get – in the eye-to-eye thing, the person-to-person thing – which is where God’s Beloved has promised to show up. Paradoxically, the point is not to see him. The point is to see the person standing right in front of me, who has no substitute, who can never be replaced, whose heart holds things for which there is no language, whose life is an unsolved mystery.

~ Barbara Brown Taylor, from *An Altar in the World* with
an embedded quote by Rabbi Jonathan Sacks, from
The Dignity of Difference

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/>