

# Quiet Space for Reflection

January 5<sup>th</sup>, 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 in what they have to say to you.

**Rest in your reflections**

**First Reading** “Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything  
That’s how the light gets in.” ~ from *Anthem* by Leonard Cohen

**Second reading:** “You’re here to be light, bringing out the God-colors in the world.  
God is not a secret to be kept. Shine! Keep open house; be  
generous with your lives. By opening up to others, you’ll prompt  
people to open up with God, this generous Father in heaven.”

~ Matthew 14 & 16, *The Message*,  
translation by Eugene Peterson

**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/>