

# Quiet Space for Reflection

July 21, 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)

## **First Reading:**

“The Christian discipline of simplicity is an inward reality that results in an outward life-style. The central point for the Discipline of Simplicity is to seek the kingdom of God and the righteousness of his kingdom first and then everything necessary will come in its proper order.

Three inner attitudes for simplicity:

1. To receive what we have as a gift from God.
2. To know that it is God’s business, and not ours, to care for what we have. Trust God in all things.
3. To not be anxious about tomorrow. To have our goods available to others.

Three outward expressions of simplicity:

1. Develop a deeper appreciation for the creation.
2. Learn to enjoy things without owning them.
3. Reject anything that breeds the oppression of others.” ~ Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*

## **Second reading:**

“May God give you – and me – the courage, the wisdom, the strength always to hold the kingdom of God as the number one priority of our lives. To do so is to live in simplicity.”

~ Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*

**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/>