

Quiet Space for Reflection

July 28, 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:

Two questions are below to reflect on. Ask yourself these two questions in all the circumstances of your daily life and work and leisure, in what you do, and in what you encounter, even in the smallest details of your existence. Begin to develop an awareness of what is life-giving for you, and what is deadening.

1. *What brings you to life?*

2. *What has a deadening effect on you?*

~ Francis Dewar, *Invitations: God's Calling for Everyone*

Second reading:

One of the challenges we all face is to be continually sensitive to the unfolding of God's plan in our lives: to give free and open assent to the destiny his love is shaping for us. It is so easy to lose that sensitivity. So much of our life is dominated by the mechanical, by the response that is expected or demanded of us, by attempts to predict or anticipate growth, that we are always in danger of losing contact with life as a mystery – and so with life itself. When we cease to respond to life with wonder, we begin to understand it merely as a problem, a series of complicated interlocking processes. But our life is whole. And the wholeness is both its mystery and its simplicity.

~ John Main, *The Present Christ*

I have come that you may have life and have it to the full.

~ *The Gospel of John*

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/>