

# Quiet Space for Reflection

July 7, 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:**

“What if speaking your most unspoken broken is what it takes to release a dammed-up Niagara Falls of grace? Grace that says your faith doesn’t have to try to measure up to anyone else because Jesus came down – and He measures you as good enough, as worthy enough, as loved more than enough. Grace embraces you before you prove anything and after you’ve done everything wrong. Every time you fall, at the bottom of every hole is grace. Grace waits in broken places. Grace waits at the bottom of things. Grace loves you when you are at your darkest worst and wraps you in the best light. Grace seeps through the broken places and seeps into the lowest places, a balm for wounds.

That’ the tragedy and the comedy of life: Grace is grace when it gives us what we’d never ask for but always needed and moves us to become what we always wanted. *But hardly ever the way we wanted.* Grace is what holds you when everything’s breaking and falling apart, and whispers that everything is really falling together. You don’t have to be awesome and do everything; you simply have to believe that the One who is truly awesome loves you through everything.

You’re more than your hands do. You’re more than your hands have. You’re more than how other hands measure you. You are what is written on God’s hands: Safe, Held, His, Beloved.”

~ Ann Voskamp, *The Broken Way: A Daring Path into the Abundant Life*

## **Second reading:**

“My grace is enough for you. When you are weak, my power is made perfect in you.”

~ 2 Corinthians 12:9

**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/>