

# Quiet Space for Reflection

June 30, 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** Sacred reading

**Read silently** Reflect

**Read aloud to yourself** 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:**

*Read the following verses from Isaiah and **in place of the words "Israel" and "Jacob," insert your own name.** Hear God saying these words to you personally. ~ from Francis Dewar's Invitations: God's Calling for Everyone*

You, (Israel,) my servant,  
(Jacob) whom I have chosen . . .  
You whom I brought from the confines of the earth  
and called from the ends of the world;  
you to whom I said, 'You are my servant,  
I have chosen you, not rejected you',

do not be afraid, for I am with you;  
stop being anxious and watchful, for I am your God.  
I give you strength, I bring you help,  
I uphold you with my victorious right hand . . .

For I, Yahweh, your God,  
I am holding you by the right hand;  
I tell you, 'Do not be afraid,  
I will help you.' ~ *Isaiah 41:8-10, 13*

## **Second Reading:**

O God our dance,  
in whom we live and move and have our being;  
so direct our strength  
and inspire our weakness  
that we may enter with power  
into the movement of your whole creation,  
through our partner Jesus Christ, Amen. ~ Janet Morley, All Desires Known

**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/>