

# Quiet Space for Reflection

November 24, 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:**

“When life in the fast lane keeps us rushing from one event or commitment to the next, our bodies keep up with our calendars. Our hearts beat faster; our blood moves to accommodate our pace. One of the benefits I find in stopping and resting is that I slow my heart down. It is alarming to me that I find it so difficult to do this simple thing. With the slowing of my heart, the evenness of breath, I am suddenly able to clear my head, to slow down the racing of my thoughts, to restore some order to my sense of the day slipping by. I drink deeply of God’s grace, stopping the thoughts about what is next on my calendar to ask God’s blessing on my work and my play, to ask God’s guidance in what I do, to ask for God’s loving hand to warm those in need, and to give thanks to God for all that I have. This does not take long. But amazingly, in those moments of quiet time in reflection and prayer, I am restored. When I turn to move into the rest of my day, somehow – and here is the mystery of faith – it is easier.” ~ Erin Brown, from Sitting Still

## **Second reading:**

Psalm 23: 2b-3a – “He leads me beside still waters, He restores my soul.”

**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/>