

Quiet Space for Reflection

November 3, 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)

Reading for today:

Fear not, for I have redeemed you;

I have called you by name, you are mine.

When you pass through the waters,

I will be with you.

When you pass through the rivers,

They will not sweep over you.

When you walk through the fire,

You will not be burned; the flames will not set you ablaze.

Since you are precious and honored in my sight, and because I love you,

Do not be afraid, for I am with you.

~ *Isaiah 43:2, 4, 5*

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/>