

Quiet Space for Reflection

October 20, 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: *Psalm 139: 7-10*

Where can I go from your spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
If I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
If I settle on the far side of the sea,
Even there your hand will guide me,
Your right hand will hold me fast.

Second reading: *From Sitting Still,*

A Lenten Meditation Guide for Students (and others) by Erin Brown

“It is tempting to want to have all the clutter gone before we can come to God in prayer – we may be afraid that God is absent when we are bumbling and disordered. But I wonder what would happen if we begin to see God among the messes we make, if we could find some sacred meaning in the clutter that makes up our day-to-day time? If we lift our eyes from the computer screen, if we take a moment to touch the person next to us at dinner (or allow them to touch us), haven’t we very simply made room for God in the midst of the madness? If we sit reading and the cat nudges its way across our papers, we can stop and pet the cat, this creature of God. If we are sitting somewhere and someone asks if the seat next to us is taken, we can stop to look the person in the eyes – really seeing them – and offer the seat. As we move our “to do list” off to the side, or read the next chapter of our book, we can pause, utter a prayer amidst our work, and ask God’s blessing on it. The clutter will still be there, but we may be changed.”

Lord, teach me to sit still. I am listening, Lord, for . . . _____

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/>