

Quiet Space for Reflection

October 6, 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:

“Christ Himself . . . “breathes” in me divinely in giving me His Spirit.” ~ Thomas Merton

“Prayer is grace, a free gift from God, to which we can only respond with gratitude. There is probably no image that expresses so well the intimacy with God in prayer as the image of God’s breath. In Jesus Christ, God has entered into our lives in the most intimate way, so that we could enter into his life through the Spirit. Jesus came to us to become as we are and left us to allow us to become as he is. By giving us his Spirit, his breath, he became closer to us than we are to ourselves.

We receive a new breath, a new freedom, a new life. This new life is the divine life of God himself. Prayer, therefore, is God’s breathing in us, by which we become part of the intimacy of God’s inner life, and by which we are born anew.” ~ Henri J. M. Nouwen, *Reaching Out*

Second reading:

***Breath on Me, Breath of God*, hymn by Edwin Hatch (Verses 1 & 2)**

**Breathe on me, Breath of God
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.**

**Breathe on me, Breath of God
Until my heart is pure,
Until with Thee I will one will,
To do and to endure.**

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/>