

Quiet Space for Reflection

September 22, 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:

Never has the world had a greater need for love than in our day. People are hungry for love. We don't have time to stop and smile at each other. We are all in such a hurry! Pray. Ask for the necessary grace. Pray to be able to understand how much Jesus loved us, so that you can love others.

~ Mother Teresa

Second readings:

When we choose to let Jesus work his good work in us, we discover what is already within us – because of Who lives within us. We must open our minds to change and begin.

~ *Holy Sweat* by Tim Hansel

Be imitators of God . . . and live a life of love.

~ Ephesians 5:1

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/>