

## Quiet Space for Reflection

September 29, 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:**

## **Five Loaves and Two Fishes**

by Philip Clarke Brewer

**God uses what you have to fill a need which you never could have filled.  
God uses where you are to take you where you never could have gone.  
God uses what you can do to accomplish what you never could have done.  
God uses who you are to let you become who you never could have been.**

**Philip Brewer shared this poem with Tim Hansel (*Holy Sweat*) to remind us that God simply asks us to give what little we have. Only then can he do what only he can do. This incredible journey begins with who and where we are. A new adventure explodes into being anywhere and anytime a person listens to God and faithfully obeys him.**

~ Tim Hansel

**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/>