

Quiet Space for Reflection

September 7, 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:

A meditation is not just a cerebral experience, an exercise of only reading and understanding. It must also include our heart and our imagination as well as our intellect. As we meditate weekly on our readings from scriptures and other sacred texts, as well as writings from foundational theologians, Alister McGrath, author of *The Journey*, reminds us try to vividly *see* the images, *include ourselves* in the stories, *apply* the ideas and themes to our own lives. In this way, McGrath states “it is about allowing every aspect of our lives to be transformed by the text so that we can turn to God in prayer.”

“The worlds of understanding and emotion were brought together, opening the door to a far more authentic and satisfying way of living out the Christian life. Christianity is not simply about ideas; it is about **the transformation of spiritual reality.**” ~ *Alister McGrath*

“Spirituality is about linking thought, imagination, and feeling as we appreciate the full richness and depth of our faith. The gospel does not just affect the way we think; it changes the way we experience the world.” ~ *Alister McGrath*

Second reading:

A great example of McGrath’s “Transformation of Spiritual Reality” as mentioned in the second paragraph.

Forgiveness: “We can all understand this. But that is not enough. We need to experience the reality to which that word points. It is fatally easy to think that we have “understood” the word without entering the real world of experience and life to which it refers. “Forgiveness” is what restores a relationship that really matters when you have messed it up. It is about the restoration of something that means everything to you and that you thought you lost forever on account of your foolishness. If you have ever been through that situation, the word “forgiveness” will mean the transformation of your life, evoking powerful emotions and calling to mind the situation that made it necessary. Someone who has never needed to be forgiven will never know the full richness, wonder, and joy of that simple word ‘forgiveness.’”

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/>