

Quiet Space for Reflection

April 12, 2022

Practice of Presence: While seated in a quiet place, feet on the floor, hands in lap, eyes closed, take three slow, deep cleansing inhales and exhales.

Lectio Divina: A sacred reading adding intentional meditation on the words as one reads.

Read silently Reflect on your reading.

Read aloud Reflect once more on your words and what they reveal to you

Rest in your reflections

Reading for the Day

Know Yourself Loved by God

Out of his infinite glory,
may he give you the power through his Spirit for your hidden self to grow strong,
so that Christ may live in your hearts through faith,
and then, planted in love and built on love,
you will with all the saints have strength to grasp the breadth and the length,
the height and the depth,
until, knowing the love of Christ, which is beyond all knowledge,
you are filled with the utter fullness of God.

Glory be to him whose power,
working in us,
can do infinitely more than we can ask or imagine;
glory be to him from generation to generation in the Church
and in Christ Jesus for ever and ever. Amen.

-- Ephesians 3:14-21

Guided Breath Meditation by Denise Pastor. (5 minutes in length)

<https://www.facebook.com/denise.pastoor/videos/>