

Quiet Space for Reflection

April 5, 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

What might a genuine following of Christ involve? I think it means being as generous with our true selves and as lavish with our inner treasure as he was – each of us discovering what we are about and living it with every fiber of our being.

What a rich and enriching life it would be; a different calling for every human being! But it would not make for unfailing popularity. We could find that what we also have in common with Jesus in so doing is that we would be a threat to those who are more concerned with power, or status, or material riches. We would be likely, as he did, to incur the envy of those who are not living what they are for, with all that that brings with it.

Invitations: God's Calling for Everyone by Francis Dewar

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

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