

Quiet Space for Reflection

September 13, 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:

“We are not human and certainly not Christian by ourselves. The human need for community is deep in us and it is holy. How we treat one another is at the core of our faith, and it is hard because the nature of Christian relationships stands in contrast to so much that our culture teaches. So, the nature of our relationships matters. Not simply because healthy relationships can enrich our lives, but even more so because faithful relationships bear witness to the love of God alive in the world.” - *Joy Even on Your Worst Days* by Tom Are, Jr.

“Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus.”

- Philippians 2:3-5

Guided Breath Meditation by Denise Pastor. (5 minutes in length)
<https://www.facebook.com/denise.pastoor/videos/10216263185069352/>