

Quiet Space for Reflection

September 20, 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:

“Do not worry about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:6-7, NRSV

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

<https://www.facebook.com/denise.pastoor/videos/10216263185069352/>