

Quiet Space 19th

"Be Still and know that I am God"

You might wish to light a candle and as you see the candle come to light let the quietness still you as you open yourself to the Presence of God.

Opening Prayer

God of kindness: we come as we are.
We say Yes, open us to your healing,
We choose to be open to connecting deeply with others in a life-changing way.
To be the blessing you have blessed us to be.
We choose to live without walls.
to be available rather than hidden, and
to find God in places we didn't think he dared to go.

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Bible Reading

"In the beginning was the Word and the Word was with God, and the Word was fully God. The Word was with God in the beginning. All things were created by him, and apart from him not one thing was created that has been created. In him was life and the life was the light of mankind. And the light shines in the darkness, but the darkness has not mastered it." (John 1: 1-5)

"Now the Word became flesh and took up residence among us. We saw his glory - the glory of the one and only, full of grace and truth, who came from the Father." (John 1: 14)

Reflection

“When God took on flesh in Jesus Christ, the uncreated and the created, the eternal and the temporal. the divine and the human, became united. This unity means that all that is mortal now points to the immortal, all that is finite points to the infinite. In and through Jesus all creation has become like a splendid veil. through which the face of God is revealed to us.

This is called the sacramental quality of the created order. All that is, is sacred because all that is speaks of God’s redeeming love. Seas and winds, mountains and trees, sun, moon and stars, and all animals and people have become sacred windows offering us glimpses of God.”

Henri Nouwen

After reading the Bible passage and Henri Nouwen’s words, spend time reflecting on the wonder of creation and the Creator

Listen to your life.
See it for the fathomless mystery that it is.
In the boredom and pain of it
no less than in the excitement and gladness:
touch, taste, smell your way to the
holy and hidden heart of it
because in the last analysis all
moments are key moments,
and life itself is grace.

Frederick Buechner

Blessing

Go with confidence into the days ahead,
trusting in God’s unfailing love and faithfulness.
God will not abandon you, for you are the
work of his hands - His own creation-and
His love endures forever.
So go in joy to love and serve the Lord

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