

Sabbath Noon Moment

Stop. Inhale and exhale. Light a candle.
God is here. I am here.

Stop. Come to your senses.
Look at the colors, shapes, details
I see...
Listen to the sounds
I hear...
Smell the scents
I smell...
Feel the fabrics and textures
I feel...
What promotes calmness in you?



Stop. Listen to scripture.
Lectio Divina is an ancient practice of praying the scriptures slowly and meditatively. In this practice we do not so much read scripture as scripture reads us. We come to the text not for information but for the transformation of our lives.

Listen. Read the passage once to become familiar with it. Read it again listening for a word or phrase that captures your attention, interest, or imagination.

Notice. Read it a third time, noticing how the word touches or connects to your life.

Open. Read it a final time, opening to invitation. Open to God's invitation and to your heart's response.

Rest. Rest in the presence of God.

‘Come to me, all you that are weary
and are carrying heavy burdens, and I will give you rest.
Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.’
Matthew 11:28-29 NRSV