

Seeking Sanctuary, Finding Sanctuary

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Theme Scripture: *Thus says the Lord: stand at the crossroads and look and ask for the ancient paths, where the good way lies and walk in it and find rest for your souls.* Jeremiah 6:16

Additional Scripture: Deuteronomy 6: 4-9 – *The Shema: the heart and soul of loving God, living as if God is part of our daily lives.*

Spiritual Practices

1. Beautiful Me.

- a. Daily Cue: Every time you pass by a mirror.
- b. Action: Hold your hand up, as if you are looking in a mirror – or actually look in a mirror.
- c. Mantra: **God, help me to believe the truth about myself, no matter how beautiful.**
Macrina Wiederkehr, in *Treeful of Angels*

2. Yearning.

- a. Daily Cue: The sight of a flower reaching or leaning toward the sun.
- b. Action: Raise your hands, and reach toward the sky.
- c. Mantra: **My heart is restless until I find my rest in Thee.** From Augustine.

3. Wonder.

- a. Daily Cue: When you see green in nature.
- b. Action: Look up, look around, look behind.
- c. Mantra: **Faith invites us to a wonder-struck journey, filled with holy courage and irrepressible hope.** Margaret Feinberg in *Wonderstruck*.


4. Silence.

- a. Daily Cue: Note and accept silences or spaces in conversations with others.
- b. Action: Place your hands palms up on your knees (while sitting).
- c. Mantra: **How can we be God's unless we listen in the silence?**

5. Prayer.


- a. Daily Cue: Look at your hands.
- b. Action: Point up.
- c. Mantra: **In prayer, I connect to God.**

Seeking Sanctuary, Finding Sanctuary, continued...

 **Friday night prayer time** was based on the practice of Examen. Find the resource I used here:

<http://servantchurchaustin.org/site/wp-content/uploads/2016/02/examen.pdf>


The book referenced was: *Sleeping With Bread: holding what gives you life* by Dennis Linn and Sheila Fabricant Linn, Paulist Press, 1995. All books by the Linn's are wonderful.

 **The benefits of Deep Breathing** (as a way to begin prayer, or be in prayer)

<http://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

 **A nice introduction to Breath Prayers:**

<http://www.soulshpherd.org/2006/07/breath-prayers-from-the-bible/>

 **Five Finger Prayer** (retrieved and adapted from a Google search)

- First take 5 deep breaths – to settle and focus.
- 1. Hold out one finger, to begin the count, and say, “Oh God, you...” form a sense or an image of the God who loves you, and quietly place yourself in that presence.
- 2. On the next finger, say “Thank you for...” and bring to mind anything you remember for which you are grateful today. Rest with this thought for 5 breaths.
- 3. On your third finger, say “I’m sorry for...” and bring to mind whatever you are regretting or feeling sorry for today. As you inhale, breathe in God’s merciful love, and as you exhale, breathe out what you regret. Breathe this way four or five times.
- 4. On your fourth finger, say “Please help...” and bring to mind anyone you are praying for or anyone who has asked for prayers or seems to be in need. Hold their names in your mind as you breathe in God’s love; breathe out all hurt, pain and need. Breathe this way four or five times.
- 5. With all five fingers spread out now, say “Please help me...” and ask God for whatever you need today. Rest with this request for 4 or 5 deep breaths.

Music Selections:

STJ 3 Jesus call us here to meet him
STJ 14 Lord Jesus, you shall be my song
STJ 29 You are all we have
STJ 42 Listen, God is calling
STJ 87 Put peace into each other's hands
STJ 98 All will be well

WB 5 There is a place of quiet rest
WB 377 Healer of our every ill
WB 519 Shepherd me, O God
WB 580 My life flows on

STS 45 Calm me Lord
STS 53 Here to the house of God we come
STS 89 Christ is alive

The chorus 'Lord prepare me to be a sanctuary' was sung at the end of Sunday's session.