



Simple Quiet Day – November 2021

Let Your God love you - *Edwina Gateley*

Be silent.

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God

Look upon you.

That is all.

God knows

And understands.

God loves you with

An enormous love.

Wanting only to

Look upon you

With Love.

Quiet.

Still.

Be.

Let your God

Love you

Steps into prayer

Step 1 - STOP.

“Come away to a deserted place all by yourselves and rest a while” *Mark 6:31*
Become aware of your body – you are not just your thoughts and your head.
Notice your breath. Come home to yourself and allow yourself to become aware
of your deepest desires.

“How can you draw place to God when you are far from your own self? Grant
Lord, that I may know myself that I may know thee” *Augustine, Confessions*

The Other - Ruth Fainlight

Whatever I find if I search will be wrong.
I must wait: sternest trial of all, to sit
Passive, receptive, and patient, empty
Of every demand and desire, until
That other, that being I never would have found
Though I spent my whole life in the quest, will step
From the shadows, approach like a wild, awkward child.

And this will be the longest task: to attend,
To open myself. To still my energy
Is harder than to use it in any cause.
Yet surely she will only be revealed
By pushing against the grain of my nature
That always yearns for choice. I feel it painful
And strong as birth in which there is no pause.
I must hold myself back from every lure of action
To let her come closer, a wary smile on her face,
One arm lifted-to greet me or ward off attack
(I cannot decipher that uncertain gesture).
I must even control the pace of my breath
Until she has drawn her circle near enough
To capture the note of her faint reedy voice.
And then as in dreams, when a language unspoken
Since times before childhood is recalled
(When I was as timid as she, my forgotten sister –
Her presence my completion and reward),

I begin to understand, in fragments, the message
She waited so long to deliver. Loving her I shall learn
My own secret at last from the words of her song.

Step 2 - OPEN and loosen your boundaries. Open your senses and become aware of God in all things around you.

“I knew, long before the dream, that my love for the earth was strong and deep, that I sensed the presence of God there. Yet, I failed to spend sufficient time with the earth because I was terribly caught up in the work ethic and productivity. I also doubted if being with the earth was really “prayer”. I was caught in a lot of old “shoulds” about my spirituality. My religion, and the voice of spiritual authorities within it, seemed to say that my prayer and major spiritual impetus should especially be with the scriptures, with the Eucharist, and with my relationships. While I did have a sense of God and an occasional revelation of the inner journey in those places, none was ever comparable to the immanent, intense, mystical experiences I had when I spent contemplative time with the earth. It is there, more than any other source or situation, that the space between the divine presence and my own meets and is entwined, perhaps only for a heartbeat, but that moment is full of teaching and rich with consolation.”

From “Dear Heart, Come Home” by Joyce Rupp

The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor, he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him - though indeed he is not far from each one of us. For ‘In him we live and move and have our being’

Acts 17:24-28, NRSVA

Step 3 – BE GRATEFUL. Open yourself to gratitude, with or without words.

Psalm 95, vv1-7

O come, let us sing to the LORD; let us make a joyful noise to the rock of our
Salvation

Let us come into his presence with thanksgiving; let us make a joyful noise to
him with songs of praise!

For the LORD is a great God, and a great King above all gods.

In his hand are the depths of the earth; the heights of the mountains are his
also.

The sea is his, for he made it, and the dry land, which his hands have formed.

O come, let us worship and bow down, let us kneel before the LORD, our
Maker!

For he is our God, and we are the people of his pasture,
and the sheep of his hand.

Step 4 – BE PRESENT. God is always present to us.

“The future is not some place we’re going to, but one we are creating.

The paths to it are not found, but made, and the makings of those pathways
changes both the maker and the destination.” *John Schaar*

Once, Jesus was asked by the Pharisees when the kingdom of God was
coming, and he answered, ‘The kingdom of God is not coming with things that
can be observed; Nor will they say, “Look here it is!” or “There it is” For in fact
the kingdom of God is among you.’ *Luke 17: 20 & 21.*

Pax - *DH Lawrence*

All that matters is to be at one with the living God
to be a creature in the house of the God of Life.

Like a cat asleep on a chair
at peace, in peace
and at one with the master of the house, with the mistress,
at home, at home in the house of the living,
sleeping on the hearth, and yawning before the fire.

Sleeping on the hearth of the living world
yawning at home before the fire of life
feeling the presence of the living God
like a great reassurance
a deep calm in the heart
a presence
as of the master sitting at the board
in his own and greater being, in the house of life.