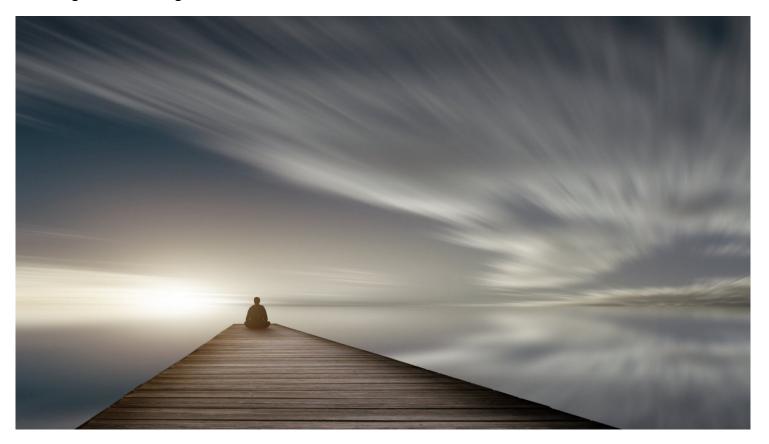
Matthew 6:6 Jesus' teaching to his disciples on prayer:

⁶ "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.



Saturday, November 14th

To Practice: Twice today, choose a quiet space where you will be undisturbed for 10 minutes. Gather yourself into a comfortable seated position. Set a timer for 10 minutes. Close your eyes. Begin.

Breathe...Now....Here.

To Reflect:

To live in the presence of God on a continuous basis
can become a kind of fourth dimension
to our three-dimensional world,
forming an invisible but real background
to everything that we do
or that happens in our lives.

—Thomas Keating