

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

<sup>6</sup>“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