Ministry to Women

The practice of silence, attentive listening, and being in the presence of God.

Sacred Moment is a time we set aside intentionally to be in the presence of God and listen to what he wants to say to us in the moment. It is an expression of our desire for God – like Mary in Luke 10:39. One way to do this is through Lectio Divina. Here is how:

1. Select a passage for meditation (should not be too long), then find a time and place where you will not be disturbed.
2. Settle yourself down. Sit comfortably. Breathe slowly and deeply, surrendering your thoughts to God. Ask him to speak to you, lead your imagination and attention.
3. Read the selected passage aloud slowly or listen to an audio reading. Listen as if this is the first time you are hearing it, and follow the movement of the passage as if you were there.
4. Read or listen to the passage a second time. Pay attention to any word or action that catches your attention or stirs you. Don’t try to grab one, but let it come. Why does it catch your attention? What does it stir in you? What is God saying to you?

5. Read or listen to the passage a third time. Respond to God as moved by the word you received from God. Be open and honest about your thoughts and feelings.
6. Read or listen to the passage again. Remain in the presence of God.
7. Journal by writing or making a visual representation of God’s word to you and your response to him.
8. Thank God for the time and word before leaving the session. You may revisit the passage as often as you want to let God’s word take root in your life.

FAQ:

- Which passages are appropriate for meditation?

All of scripture is appropriate. Gospel narratives may be easier to begin with.

- How long should one session be?

If you are new to the practice and are easily distracted, start with 15-20 minutes and then extend the time when you are more able to enjoy God in silence.

- What if my mind strays?

Bring yourself back to the moment, perhaps by looking at the passage, jotting down the word or action that catches

your attention. In order not to be distracted with unfinished tasks, do what needs to be done before sitting down for this exercise, or write them down to be carried out later.

- What if nothing in the passage stirs me?

It is alright. Simply follow the passage, be present to God and enjoy the quietness.

Do you have a question?

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