

WHIRLOW SPIRITUALITY CENTRE



Resources for a Quiet Day

Dancing with the Trinity

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Meditation - Spirit

“... when the goodness and loving kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit.

This Spirit he poured out on us richly through Jesus Christ our Saviour, so that, having been justified by his grace, we might become heirs according to the hope of eternal life.”

Titus 3:4-7, New Revised Standard Version

Spend a moment to invite God to allow this passage to touch your deepest self.

Find a phrase that speaks most directly to where you experience need.

Give attention to phrases which you find most consoling and encouraging.

You may want to write down feelings, experiences or insights that you have become aware of during this prayer time.



Centering Prayer - Jesus

“... I pray that, according to the riches of his glory, he may grant that you be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.”

Ephesians 3:16-19, New Revised Standard Version

We suggest 20 mins for this exercise.

Having read the scripture...

Imagine Jesus before you.

Allow him to look at you with love and humility.

In becoming human, Jesus became a servant of love.

Open yourself to receive his attention and care.

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Letter to God -Father

Looking back over the last few weeks,
I bring to mind events, words, encounters
where I sense God was at work.

When were the moments I recognize
myself knowing God's love?

I respond by writing a letter to God:



Psalm 145, A Conversation

**Stillpoint and Centre,
Wonder and Way,
I praise you.**

**Eternal Source,
Cohering Power,
Mystery Beyond our Knowing.**

**What song can I sing
that could capture Your essence?
I am dumb.
Only silence may suffice.**

**Yet try I must,
that the generations will know,
and the seeking will find
and the finding will live
with grace and purpose,
in peace and patience,
with joy and kindness.**

**The old words clang,
their resonance lost in time.
Yet the power beneath
remains,
to tease and haunt,
as shackle and lifeline.**

**This is our conundrum:
To glimpse eternity
in the frail vessels
that are words,**

**that our own flesh
- equally frail -
may tell the story**

of life abundant.

taken from 'Poems and Prayers' by Carla A. Grosch-Miller



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Other things to do:

- *Writing*

Brainstorm all the words that come to mind when you think of the mystery of the trinity. Write them down at random over the whole of your paper – you do not have to be confined to a list.

From your collection of words, have a go at creating a Haiku (typically three lines, a first line of five syllables, a second with seven, a third with five.)

- *Walking*

As you walk in the open air, let go of thoughts and allow yourself to notice the light, colour, shape of things in your surroundings.

- *Stretching Prayer*

Find a place in the garden and have a go at stretching as prayer. As you stretch your arms up, you could use one of the names of God, and have a go at different stretches using different names.

- *Drawing*

Spend time doodling or drawing and experiment with figures, shapes or colours to represent the Trinity.

