



## **Meditation Moments for June 20-24, 2022**

Collected and created by Tami Bradshaw Huber

### **Weekly Memory Verse:**

**“You are the light of the world. A city on a hill cannot be hid.” Matthew 5:14**

Hello Summit Church Durango Friends,

I am changing up the format for this week’s meditation moments. There are a few simple spiritual practices to try, some prayers and a few intellectual ideas. Feel free to read and meditate with them in any order you like. I hope and pray this helps you connect with God this week! Tami

### **Some simple spiritual practices**

\*Prayerfully **watch the sunrise**. Consider the gift of light and give God thanks for our beautiful planet.

\*Observe the **summer solstice**, the longest day of the year, on June 21. Read the first creation story found in Genesis. God makes the sun on the fourth day.

\*Early in your day **light a candle** and ask God, “How can I shine the light of your love today?” For a moment be still and listen for what God might say to you.

\*Prayerfully **watch the sun set**. Give God thanks for 3 things that happened during the day.

\*In a dark room **ponder the troubles of the world**. What issues and events weigh down your heart? What are the fears you carry with you? For just a moment

ponder those things. Then, light a candle (or lamp or flashlight) and watch how your one little light dispels the darkness.

### **Find a recording of the song “This Little Light of Mine” that you love.**

I found a few ideas on Amazon Music, Spotify, and YouTube to get you started:

1. Classical Choral on You Tube:  
[https://m.youtube.com/watch?v=7w6Ftbi\\_R3g](https://m.youtube.com/watch?v=7w6Ftbi_R3g)
2. Soul: Sam Cooke
3. Children’s Folk: Elizabeth Mitchell
4. Rock Americana: Bruce Springsteen
5. From Current TV: Sung by the Cast of Zoey’s Extraordinary Playlist
6. County and Gospel: The Oak Ridge Boys
7. Gospel: Soweto Gospel Choir on YouTube

What other styles and recordings of the song can you find? I would love to hear which one is your favorite! Email me at [tamrarobyn@gmail.com](mailto:tamrarobyn@gmail.com) if you would like to share.

### **On Parables**

Read Mark 4:33-34. Amy Jill Levine, my favorite bible scholar writes, “Parables, stories some only a sentence or two long, are often seen as the hallmark of Jesus’s teaching.” Jesus explains the parable of the sower to his disciples but very few of the other private explanations to the disciples have been written down. The ancient people listening to Jesus’s short stories needed to find their own understanding. And we modern readers need to find our own understanding as well. “The gospel writers, in their wisdom, left most of the of the parables as open narratives in order to invite us into engagement with them. Each reader will hear a distinct message and may find that the same parable leaves multiple impressions over time.” (Amy Jill Levine, Short Stories by Jesus page 1)

As Summit Church explores the Parables of Jesus this summer, I invite you to open your heart and mind to what Jesus, through the Holy Spirit, is saying to you. What fresh, personal message does Jesus want you to hear today?

Read Mark 4: 21-25, the parable of the lamp under a bushel basket. Then speak aloud this prayer: ***God, give me ears to truly hear the message you need me to hear in each of the parables of Jesus. God, your word is a lamp to my feet and a guide to my path. Illuminate the path that you would have me walk today. Amen.***

### **Spiritual Reading**

Read the short article on Spiritual Reading starting on page 7.

Now read Matthew 5:14-16 like a letter from a dear friend. Be alert to what images, stories, or ideas catch and keep your attention. If you were part of a spiritual reading group, what one insight about the text would you share as it applies to your life situation? What question would you ask? If you would like to share with someone, email me at [tamrarobyn@gmail.com](mailto:tamrarobyn@gmail.com). I would love to hear your thoughts.

### **Parables and the Kingdom of God**

Read Mark 4:21-25. The notes from my Common English Bible say, “These parables suggest God’s mysterious kingdom will soon be revealed. They also remind those who hear Jesus of their role in revealing it.” The Kingdom of God could be considered in a threefold way. The Kingdom of God is:

1. Jesus himself
2. In the soul of every individual
3. In aspects of our current faith communities but not yet fully realized

There is some hiddenness and mystery in our understanding of the kingdom of God: the kingdom of God is now and not yet. Yet this text says that whatever is hidden will be revealed, every secret will come out in the open. The Kingdom of God will someday be fully realized.

In verses 4:24 and 25, Jesus speaks about whoever has will be given more. I wonder if Jesus is talking about understanding his message. Whoever is open to receiving the gift of Jesus' teaching will be more likely to understand. Whoever responds to Jesus with an open heart, who has a desire to learn-even more insight will be given to them. I invite you to ask yourself 2 questions:

\*What dark places in my life do I need to allow Light of God's love to shine upon?

\*How can I be more open to Jesus' teachings?

### **An Enlightened Life**

It's common for us to feel from time to time as if we are sleepwalking though this life of ours. We may have experienced trauma and retreated to what we deemed a safe place. Or it could be that we simply feel as if things are happening around us, but we are not actively participating in any of them.

The danger is that sleepwalking can become a coping mechanism that, if left unattended, can rob us of a full life. A life God never intended for us to live.

God wants us to live an enlightened life, one where our hearts are totally flooded with his light. In order for this to happen we have to attain an inner awareness of who we are in Him. Ephesians 1:18 (NLT) tells us,

*I pray that your hearts will be flooded with light so that you can understand the confident hope He has given to those He called - His holy people who are his rich and glorious inheritance.*

FATHER, ALLOW OUR HEARTS TO BE FLOODED WITH YOUR LIGHT. WAKE US UP TO SHARE ABOUT THE CONFIDENT HOPE THAT ONLY YOU PROVIDE. THANK YOU FOR CALLING US TO AN ENLIGHTENED LIFE.

(From Made to Shine by April Rodgers pages 118 and 119.)

**"Breathe of Summer"**

Creator God  
who breathed this world into being,  
who is discernible within  
the harmony of nature,  
the perfection of a butterfly's wing,  
the grandeur of a mountain range,  
the soaring eagle and hummingbird,  
thank you for this world  
which you have created.  
Thank you for summer sun,  
which reminds us  
that your creative breath  
is still alive and active.  
Thank you for the warmth of your love,  
sustaining this world, your garden. Amen

### **“A Summer Blessing”**

May you walk with God  
This summer  
In whatever you do  
Wherever you go

Walking with God means...  
Walking with honesty  
And with courage,  
Walking with love  
And respect  
And concern for the feelings of others

May you talk to God  
This summer  
And every day and  
In every situation

Talking with God means...  
Praying words of praise

For the beauty of creation  
Saying prayers of thanks  
For friends and good times,  
Asking God's help  
In all your decisions  
Expressing sorrow  
When you have failed

May you talk with God  
Every day. Amen.

- *Author unknown*

Jesus, thank you for summer. Thank you for light and warmth. Thank you for the sun. Thank you for the gifts of nature and for the annual cycles and seasons. Today, give us that grace again, to see you as the Creator, the One who lifts us up to be with you forever, even now. Amen

See more summer prayers at:

[Summer Prayers \(xavierdu\)](#)

## “On Spiritual Reading”

Spiritual reading (*lectio divina*) is the ancient practice of savoring a text with patient playfulness. This way of reading is alert with expectation that a transforming word of life will make its way from the written narrative of the author to the lived narrative of the reader. Spiritual reading holds out the promise of fresh meaning, insight, or truth emerging between writer and reader that transcends time and space. Yet this experience assists the reader to enter more reflectively and faithfully into his or her own time and space. In this respect, spiritual reading embodies the pattern of the Incarnation, where Word becomes flesh for the life of the world. Peter of Celle, the great twelfth-century Benedictine abbot, describes spiritual reading this way:

*“Reading is the soul’s food, light, lamp, refuge, consolation, and the spice of every spiritual savor. It feeds the hungry, it illuminates the person sitting in darkness; to refugees from shipwreck or war it comes with bread. It comforts the contrite heart, it contains the passions of the body with the hope of reward. When temptations attack, it counters them with the teaching and example of the saints . . . In the bread box of sacred reading are breads baked in an oven, breads roasted on a grill, or cooked in a frying pan, breads made with the first fruits and sprinkled with oil, and barley cakes. So, when this table is approached by people from any walk of life, age, sex, status or ability, they will all be filled with the refreshment that suits them.”*

Peter of Celle, Selected Works, trans. Hugh Feiss, OSB

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Spiritual reading groups are designed to support and enrich each participant’s experience of spiritual reading. These groups differ from traditional discussion groups in one important respect. The purpose is not to talk about the content of the reading. Rather, participants are encouraged to share with one another how some aspect of the content has provided a doorway into a deeper encounter with their own life story and God’s presence and work in that story. This approach to the content of the reading remains vital for both the individual participants and the group because it fosters a growing consciousness of their relationship with God and a developing capacity to articulate the nature of that relationship. In contrast, groups gathered simply for the purpose of discussing the content of books and articles will have a limited impact on the lives of the participants. Why? Because concentrating only on discussion of the content allows participants to keep at a safe distance the issues addressed by the authors.

In preparation for the spiritual reading group meeting, participants are invited to read one selected article slowly, savoring it the way they would a letter from a dear friend. Before the group meeting, they should read the article several times, alert to what images, stories, or ideas catch and hold their attention. If helpful, they might choose

to make notes in a personal journal or in the pages of the article. What questions or insights surface in this experience of reading?

For the meeting, participants should be prepared to share with the group one question or one insight prompted by their meditative reading of the article. That's all.

(adapted from the *Weavings* Reading Group Process)

[http://weavings.upperroom.org/wp-content/uploads/2009/09/WRG.rev10\\_09.pdf](http://weavings.upperroom.org/wp-content/uploads/2009/09/WRG.rev10_09.pdf)



Suggestion of the “I.Q. Process” for responding to reading and preparing for group discussion.

**I.Q. = Insight and Question**

The I.Q. process is a simple way of tracking your observations about what you are learning.

After reading and taking any notes that are useful, summarize your reflection by formulating one insight and one question that summarizes your personal interaction with the material.

Insight: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Question: : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_