

## Midweek Reflection # 2 ~ Making Space for God.

" Thus says the Lord: Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls." ~ Jeremiah 6:16

### Prayer is about making space in my life for God.

A consistent rhythm of daily prayer carves out space each day for God to speak and act in my life ~ more importantly, consistent prayer creates an awareness of God's quiet presence and gentle, sustaining conversation with my attentive heart.

God always initiates prayer. Our grateful response is a listening, receptive heart.

In his book The Mystery of Christ, Thomas Keating insightfully explains the experience of Peter, James and John on the Mt. of Transfiguration to reveal how we are to "awaken to the divine presence." In Matthew 17, the disciples see Jesus illuminated by his eternal glory. He is affirmed in his intentional journey to the cross by Moses and Elijah, representing the Law and the Prophets of God's original Covenant. Then the disciples hear the voice of the Father say "This is my beloved Son, with whom I am well pleased, Listen to Him."

*"The ideal disposition for the divine encounter is the gathering together of one's whole being in silent and alert attentiveness. The practice of interior silence produces gradually what the voice in the vision produced instantly:; the capacity to listen. It withdraws the false self from its self-centeredness and allows the true self to emerge into our awareness. Revelation, in the fullest sense of the term, is our personal awakening to Christ. The external word of God [prayerfully reading scripture, reciting favorite psalms, rehearsing Jesus' words from the Gospels] and the liturgy [worshipping with our faith community, sharing in the sacrament of the Eucharist] dispose us for the experience of Christ's risen life within us. The awakening to the divine presence emerges from what Meister Eckhardt called the 'ground of being' ~ that level of being which in Christ is divine by nature and which in us is divine by participation." (The Mystery of Christ p. 45)*

This kind of attentiveness to God ~ communion with Jesus's Abba, which we experience through the Holy Spirit's indwelling (John 14) ~ allows us to know that we are **rooted in Eternity!**

Remember Jesus's offer to his disciples in Matthew Eleven?

"Walk with me, work with me ~ watch how I do it. Learn the unforced rhythms of grace."  
*(The Message, Matthew 11:29)*

*Jesus "did it" by spending solid time alone with the Father in prayer! Walking in the ancient paths and finding rest for our souls is no 'pipe dream'! These are sure and certain means of grace for those who make space in their lives for the Real Presence of God through participation with God in the rhythms of prayer!*

Have a great week.

Under God's Mercy,

Howie