



Journeying mercies  
through this season,

*The Worship Planning Team,*  
JBUC MEDITATION PRACTICE  
Week Five

Coming to a place of rest eludes us when we are caught up in dwelling on past mistakes, working over our regrets, or when we are worrying or trying to micromanage the future. But the time we are spending in the past and future is time we are not spending here and now. Not only are we missing what is right in front of us, even the beating of our own heart. We can only manage one moment at a time.

So what about committing to being present in the now, a least for a while each day ... to do nothing but notice where you are now, to look for the gifts of God in the moment you are inhabiting. Let each moment be the one you are in ... breathe ... be human ... be grateful.

Ancient Word:

***Surely God is my salvation.***

***I will trust and will not be afraid.*** *Isaiah 12: 2*

- How do these rich and ancient words rise up to meet you in your life in this particular moment?
- Invite / allow these words to echo in the chambers of your heart, your mind, your soul.
- Carry these words with you throughout the day and even into your night, allowing them to seep deeply into you and become part of your very being.

*We turn to old words because sometimes it is old words  
that hold the deepest comfort and the deepest challenge - Padriag O' Tuma*