

## **Matthew 6:6 Jesus' teaching to his disciples on prayer:**

<sup>6</sup>“Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.



### **Tuesday, November 10th**

**To Practice:** Twice today, choose a quiet space where you will be undisturbed for 10 minutes. Gather yourself into a comfortable seated position. Set a timer for 10 minutes. Close your eyes. Begin.

Breathe...Now....Here.

**To Reflect:** We are -- all of us -- contemplatives in the root and ground of our being. For at the root of our being, we are one with God, one with one another, one with the world in which we live. Spending time in prayer is not a means of achieving oneness, but of recognizing that it is there.

—From *Silence on Fire* by William H. Shannon, scholar of Thomas Merton’s work