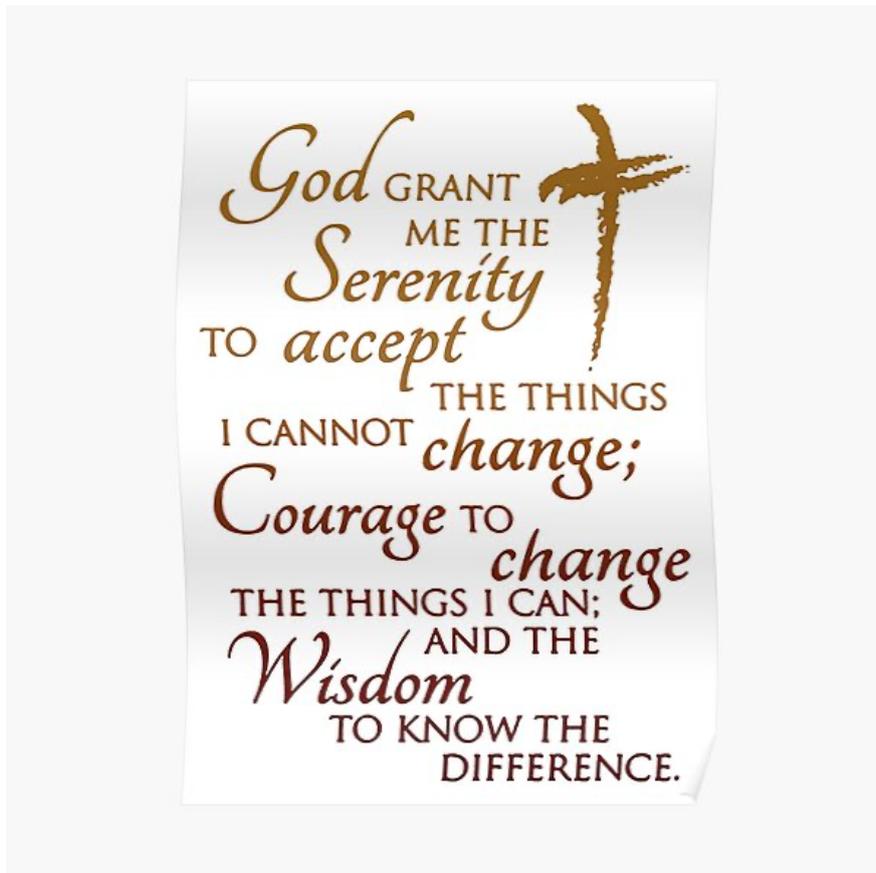


Silent Reflections

Tuesday 28th June 2022

Theme

Acceptance



Introduction to the theme

The theme for today is acceptance. It is part of the experience of most human beings that we find ourselves in situations or circumstances that we would prefer were different. How often do we hear or use the term "I wish" – I wish that the situation was different or even I wish that I had a particular skill or strength which would help me to cope with things better.

Sadly, wishing alone is usually not enough. Action is required and this is true as much in our spiritual lives as in the other aspects of our experience. It has been said that if we want to develop our spiritual lives the key is acceptance of the reality of where we are and who we are as a starting point.

Acceptance is not to be confused with resignation. Resignation is often about an end point – I don't want to be here but here I am. Acceptance is not about approving everything and leaving things unchanged but rather the realisation that I am at a point from which I can move forward and that an integral part of progress is an acceptance of the reality at a given moment in time.

"I can and should work on myself and my life and mould and improve it. First, however, I must admit the existing facts; otherwise everything becomes false"

R.Guardini

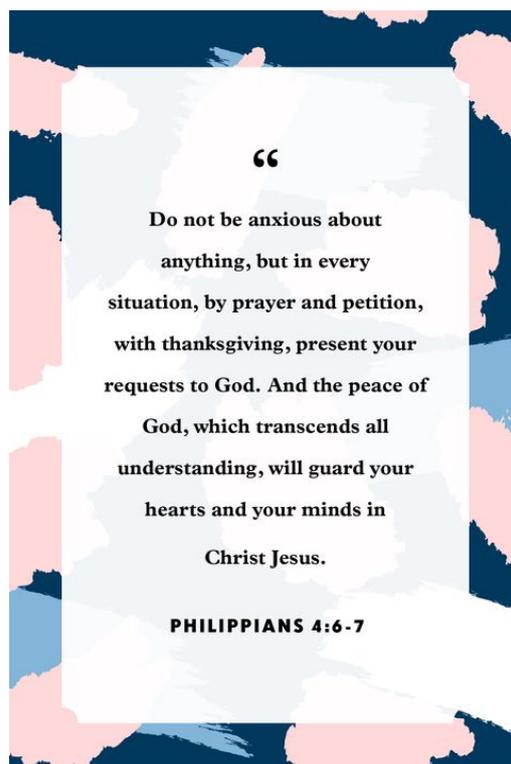
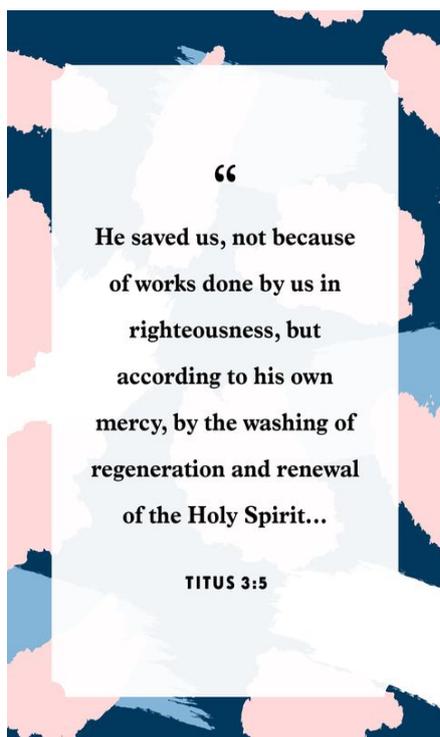
Reflection – How might acceptance help me to grow in my spiritual life?

Have I ever found it hard to accept Divine Timing?

Bible references

The Bible has many references about the theme of acceptance – including the acceptance of oneself and the situations being faced.

- The Lord has heard my plea; the Lord accepts my prayer Psalm 6:9
- When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you Isaiah 43:2
- I can do all things through him who strengthens me Philippians 4:13



Reflection – Look at the passages from Titus and Philippians. How do these verses speak about the importance of acceptance to you?

After reading all/any of these biblical passages you may wish to use one or more of them in one or more of the following spiritual exercises:-

- One way of praying is to read the material very slowly and listen carefully and peacefully to the words and the feelings they evoke in you. Read or whisper the words in a rhythm with your breathing – a phrase at a time – with pauses and repetitions when and where you feel like it. This reading or listening is different from the reading we are generally accustomed to, and you may find it referred to as *lectio divina*, literally sacred reading. This is reverential listening: listening both in a spirit of silence and of awe. We are listening for the still, small voice of the Spirit that will speak to us personally - not loudly, but intimately. We read slowly, attentively, gently listening to hear a word or phrase that is God's word for us today.

- Once you have found a word that speaks to you in a personal way, take it in and reflect on what God is showing you, or calling you to. Take in the word, memorise it - and while gently repeating it to yourself, allow it to interact with your thoughts, your hopes, your memories, your desires. In this way, you allow God's word to become a word that touches you and affects you at your deepest levels through the Spirit. If you still have your finger labyrinth from earlier this year you might like to use it at this point. The final stage is to rest in God's presence.
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A Prayer

Father God

We thank you that you sent your only Son Jesus Christ to be our Saviour

We thank you that through Him we can call you Father and know that Your Love and Care for us is boundless and everlasting.

Help us to give thanks for all that you have made in your infinite goodness – all that we are, all that we have, all that we aspire to be in Your Name and that You provide all that we need in due season to live by Your Grace and to grow Your Kingdom

Amen