

CREATING SPACE FOR GOD

Paying Attention (Exodus 3:1-22)

SETTLE INTO GOD'S PRESENCE

Begin your time today with the intention of paying attention. Close your eyes, breathe deeply, and slowly quiet your body, mind, and soul. Pay attention to your breathing and your body. Now take time to pay attention to your life over the last few days or weeks. Reflect on where you have been, what you have been doing, and what you have felt and experienced in the last several weeks. Take some time to pay attention to your life as it is being given to you right now. What is the present moment you find yourself in? Be specific with the gifts you've been given in the present moment, and allow it to be a place of gratitude.

OPENING PRAYER

Oh God, let something essential and joyful happen in me now, something like the blooming of hope and faith, like a grateful heart, like a surge of awareness of how precious each moment is, that now, not next time, now is the occasion to take off my shoes, to see every bush afire, to lead and whirl with neighbor, to gulp the air as sweet wine until I've drunk enough to dare to speak the tender word: "Thank you"; "I love you"; "You're beautiful"; "Let's live forever beginning now"; And I'm a fool for Christ's sake."

From Guerillas of Grace by Ted Loder

SCRIPTURE READING: EXODUS 3:1-22

Take a few moments to sit with this passage. What words or verses caught your attention? Hold these words in your mind, paying attention to what is going through your mind and heart.

QUESTIONS FOR REFLECTION

- God appears to Moses in a surprising, out of the ordinary moment. Notice anything external to you that may be God's way of getting your attention. Have you had any burning bush moment recently? Ponder what it is, and what it might mean. Allow God to speak and give guidance.
- As you reflection on the passage, what invitation is God giving to you? What next steps can you take to live that out?

CLOSING PRAYER

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our will, that may be wholly yours, utterly dedicated to unto you, and then use us as you will. Amen.

Book of Common Prayer