This fall, we will incorporate readings from the Book of Psalms into our meditation time together. The Book of Psalms is often called the “prayer book of the church” and has much to teach us about our spiritual nature and our relationship with God. Join us as we experience the full range of human emotion, from deep sadness to profound joy, as expressed in this book of sacred poetry.



**“Scripture Sighs”**

**Meditative Prayer Group**

**Tuesdays, 7:30 – 8:30pm**

**in the Conference Room**

**September 9 – November 18**

**Packanack Community Church**

**120 Lake Drive East, Wayne, NJ**

**www.Packanack.com**







**Find the Path to Peace**

**Group Leader:**

**Rev. Dr. Karyn A. Ratcliffe**

**PastorKaryn@mac.com**

**What Benefit Does**

**Meditative Prayer Bring?**

Through a regular practice of meditative prayer, you will discover that God is as close to you as your own breath. This deeper awareness of the divine presence results in a greater sense of peace. Think of your thoughts as boats on a river, which pass by on the surface of our conscience as we dive down into the spiritual depths.

As David Frenette says in his book, *The Path of Centering Prayer*, “some of the most practical benefits…are greater inner freedom, greater compassion for others, and greater humility as you accept yourself more as a human being who is in relationship with God’s love and everyone else.”

**Why is it called**

**"Scripture Sighs"?**

The word "meditate" comes from Latin *meditatio* meaning "to think, contemplate," or "to reflect on, study, practice."

In the Old Testament, the Hebrew word *haga* means "to sigh, murmur, meditate."

The Tibetan word for meditation is *Gom*, which means "to become familiar with."

During "Scripture Sighs," we use our breath to "sigh, murmur, meditate" through the Scriptures as we become more familiar with ourselves, and as we listen for the God who waits to speak to us.

**What is Meditative Prayer?**

In meditative prayer, we make time to take something into ourselves that we normally wouldn’t. We breathe in the Holy Spirit and allow it to fill us up. Just as the air fills our lungs, so the Spirit fills our souls. We feel better when we exchange shallow breathing for well-oxygenated blood, and we feel better when we exchange surface living for Spirit-filled lives.

**What is Mindfulness?**

Mindfulness is a form of meditative prayer that heightens our awareness of ourselves and the world by attending to the present and gradually transforming the way in which we think.