

WAKE UP

To journey into this interior world within
Love must already be awakened.
For love to awaken in us:
Let Go, Let Be,
Be Silent
Be Still in Gentle Peace,
Be Aware of Opposites,
Learn Mindfulness and Forgetfulness

Camille Campbell
Meditations with Teresa of Avila

Read [read passage twice]

Silence 3-5 minutes* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

Reflect [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

Respond [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

Rest [read once]

Rest in God's grace, in silence 2-3 minutes

*The time allotted for each period of silence can vary.