

PRACTICING REST | *Blessing In The Chaos*

I want to read a poem to you called Blessing In The Chaos by Jan Richardson. And then following that, we're actually just going to sit for a few minutes and gaze at some gorgeous nature; we're just going to drink it in.

We often fill this space with a lot of words and a lot of thoughts, and in that, sometimes we can miss the presence and beauty of God so often found more deeply in silence, in stillness, in the quiet spaces. We don't want to miss that, today.

To be clear – there's nothing for you to do here, nothing to accomplish, in these moments. There's no specific goal, you don't need to "achieve" some special union experience. Just let your body, your soul, and your spirit take some deep breaths. Knowing that they probably need them.

POEM | Blessing In The Chaos

To all that is chaotic
in you,
let there come silence.

Let there be
a calming
of the clamoring,
a stilling
of the voices that
have laid their claim
on you,
that have made their
home in you,

that go with you
even to the
holy places
but will not
let you rest,
will not let you
hear your life
with wholeness
or feel the grace
that fashioned you.

Let what distracts you
cease.
Let what divides you
cease.

Let there come an end
to what diminishes
and demeans,
and let depart
all that keeps you
in its cage.

Let there be
an opening
into the quiet
that lies beneath
the chaos,
where you find
the peace
you did not think
possible
and see what shimmers
within the storm.