



A Matter of Balance

Lectio Divina is an ancient and ever-renewing method of *being with a Scripture or Spiritual reading*, contemplating it, allowing it to speak to you as you meditate upon it, and finally journaling or actively reflecting upon your thoughts about what you have read and discerned from the reading. *'Tis the season for lectio divina . . .*

Consider This:

- “*Health of the body is ordained for the good of the soul.*”
St. Thomas Aquinas
- “*The winds of grace are always blowing, but it is you that must raise your sails.*”
Tagore
- “*Let God weigh me in honest scales...*” *Job 31:6*

Responding from Within:

1. Where in your life are excesses? Where in your life are deficiencies? What must you keep? What must you / can you let go of?
2. Is your yoke heavy? Are your burdens light? Where are you in this ‘scale’?
3. What “first step/s” would allow you to return to *balance of being*?
4. Made in the image of God (*imago Dei*) how are you like God? How do you yearn to be more like God?

Prayer:

Holy One, I come as I am to You, as You are. Weigh me in honest scales. Allow the scales of doubt and uncertainty to drop from my eyes so that I might more clearly see the grace of Your holiness -- vibrant and active within me. Lead me in paths of wholeness that invoke balance; lead me, Lord, in paths of holiness that align me with Your purposes for my life.
Amen