



Entering the Space

A spacious, embodied practice of awareness, order, time, and hope

Choose a posture your body can sustain without strain.

Sitting upright. Standing with feet grounded. Walking slowly across a room.

Allow your arrival to take time. There is no spiritual performance required here.

Only presence.

If at any point this practice feels overwhelming, you may pause, open your eyes, shift posture, or step away. You remain in charge of your participation.

A Brief Breath Practice | Making Room Within

Place a hand where contact feels steady. Chest. Abdomen. Thighs.

Notice the temperature of the air as it enters. Notice the release as it leaves.

Inhale as if making room for what is here.

Exhale as if giving it space to exist.

No need to improve your breath. Simply notice air entering, air leaving, the rise and fall beneath your hand.

If strong emotion or numbness surfaces, let the breath continue at a pace that supports steadiness or you may look around, and name five objects you see. Your body's safety matters and awareness does not require intensity.

After several breaths, you may whisper or think: *Here I am, God.*

The One who formed humanity from dust and breath meets you in yours.

The Larger Story We Belong To

Scripture speaks of time not as pressure but as participation in God's unfolding purposes. Seeds grow in hidden soil. Israel waits in wilderness. The risen Christ walks with confused disciples who do not yet recognize hope beside them.

Human beings are animated dust, bearing divine breath. We are creatures of longing and limitation, shaped for communion and entrusted with agency. Growth is often slow. Reordering often disruptive. Hope often contested.

The biblical story resists frantic urgency. It also resists passivity. God's Spirit moves through history toward restoration, inviting human partnership without coercion. The future belongs to God, yet our embodied lives matter within it.

As you hold this prayer, you are not trying to become someone else. You are consenting to be present within God's ongoing work.

Howard Thurman's Prayer: I Need You

"I need Your sense of time. Always, I have an underlying anxiety about certain things. Sometimes I am in a hurry to achieve my ends and I am completely without patience. It is hard for me to realize that some growth is slow and that not all processes are swift. I cannot discriminate between what takes time to develop and what can be rushed because my sense of time is dulled. O, to understand the meaning of perspective that I may do all things with a profound sense of leisure of time.

I need Your sense of order. The confusion of the details of living is sometimes overwhelming. The little things keep getting in my way, providing ready-made excuses for failure to do and be what I know I ought to do and be. Much time is spent on things that are not very important while significant things are put in an insignificant place in my scheme of order. I must unscramble my affairs so that my life will become order. O God, I need Your sense of order.

I need Your sense of the future. Teach me to know that life is ever on the side of the future. Keep alive in me the future look, the high hope. Let me not be frozen either by the past or the present. Grant me, O Patient One, Your sense of the future without which all life would sicken and die."

~ A Prayer by Howard Thurman

Pause

Let a word or phrase find you.

Embodied Awareness

Before moving to reflection, scan your body slowly.

Notice your breath.

Notice the pace of your thoughts.

Notice the weight of your body against chair or floor.

Notice places of tension or ease.

Between impulse and action there is space.

In that space, awareness grows.

In that space, the Spirit often meets us.

Allow compassion to meet whatever you find.

Nothing here needs to be corrected.

Sense of Time

Hold Thurman's words about "*the slow work*" of growth. Growth that feels slow does not mean absence. Waiting does not equal abandonment.

You might explore:

- What begins to surface as you attend to the rhythms shaping your days?
- Where impatience presses against your spirit?
- Where slowness carries wisdom?
- How your body responds when imagining time as gift rather than threat?

Allow your responses to unfold without evaluation.

Sense of Order

Let Thurman's longing for clarity and alignment settle in you.

Biblically, order is not control. It is harmony. Shalom. Life arranged toward love of God and neighbor.

Jesus clears what obstructs worship and restores what oppression distorts.

Order often begins inside before it becomes visible outside.

You might notice:

- What rises as you consider areas that feel scattered?
- What draws energy and what drains it?
- What seems to be asking for care?
- What might be released without harm?

Clarity may come gradually. Even noticing confusion is a form of wisdom.

Sense of the Future

Thurman writes: *"Life is ever on the side of the future."*

The biblical story leans forward. Resurrection declares that despair never has the last word. The Spirit keeps breathing life into dry places.

Hope does not require brightness. Sometimes it appears as endurance. Sometimes as protest. Sometimes as a single next step.

You might explore:

- What stirs when imagining life moving toward renewal?
- What memories of resilience surface?
- What fears speak loudly?
- What quiet trace of courage begins to appear?

Allow hope to take the size it can hold today.

Trauma-Care Reflection

For some, thinking about time, order, or future may awaken grief, loss, or survival patterns. If that happens, return to the body.

Feel your feet.

Name 3 things you can see.

Name 3 things you can hear.

Name 3 things felt in the body.

Notice one steady sound.

You remain in control of this space.

A Moment of Stillness

Rest for several breaths.

Hands open or over heart if that feels grounding.

Eyes open or closed.

No need to resolve anything.

The Spirit forms Christ within us not through pressure, but through presence.

Closing Prayer

"It is very good to turn aside from the rush and weariness and the anxieties... to rest in the presence of God... to assess the meaning of our lives in the light of the movement of the Spirit within us."

~ Howard Thurman, The Centering Moment

Let this reflection settle. Notice what lingers.

You may close with these words or your own:

*God of time and becoming,
Shape my awareness.
Order my loves toward justice and mercy.
Keep hope alive within me.
Teach me to live rooted in Your faithful future.*

Amen.

Footnote: This framework draws from biblical theology and Christian formation, informed by insights from Barbara Holmes, Howard Thurman, Lisa Sharon Harper, Sheila Wise Rowe, Lisa Fields (Jude3 Project), and Tim Mackie (BibleProject).