Rewriting Sacred Text

Contemplative Practice

REWWRITING SACRED TEXT

wholeness takes practice

Psalm 121 NRSV

1 I lift up my eyes to the hills from where will my help come?

2 My help comes from the Lord, who made heaven and earth.

3 He will not let your foot be moved; he who keeps you will not slumber.

4 He who keeps Israel will neither slumber nor sleep.

5 The Lord is your keeper; the Lord is your shade at your right hand.

6 The sun shall not strike you by day, nor the moon by night.

7 The Lord will keep you from all evil; he will keep your life.

8 The Lord will keep your going out and your coming in from this time on and forevermore.

Rewriting Basics

Be Still: Take a couple of minutes to center into the moment and presence of mystery.

Select a Psalm, Poem, or other Sacred Text: Select a brief section. You may be drawn to a passage, a paragraph or just a line or two.

Sit with the passage: Allow yourself to connect with it. Resist the urge to rush. Sit with the passage without trying to apply a meaning. Allow enough time to see if something naturally occurs.

Notice and reflect on how you connect: Begin to rewrite it in your own words. This may come as a reflection and rewording line by line. It may be that one line inspires a free flow expression. Be more experiential and engaged with the text and your interpretation than with the “rules” about how to do this practice. Allow yourself to use descriptors and adjectives, whatever aids in the experience and expression.

Continue to Reflect: Keep this piece in your journal or another place that you will come back to. Allow your experience to deepen and widen with your interaction with your text.

Summers-Perry.com