

REWRITING SACRED TEXT

peace takes practice

Rewriting a Sacred Text Instructions

1. Select scripture or other sacred text/ poem.
2. Spend a few moments centering / slowing down. Focus on breathing. Focus on being grounded, Become aware of your feet on floor or being supported by your chair. Select a brief section. You may be drawn to a passage, a paragraph or just a line or two.
3. Sit with the passage: Allow yourself to connect with it. Resist the urge to rush or apply a meaning.
4. Begin to rewrite it in your own words. This may come as a reflection and rewording line by line. Or you may be inspired by one line that inspires a free flow expression.
5. Be more experiential and engaged with the text and your interpretation than with the "rules" about how to do this practice.
6. Allow yourself to use descriptors and adjectives, whatever aids in the experience and expression.
7. Keep this piece in a journal or another place that you will come back to. Allow your experience to deepen and widen with your interaction with your text.

Psalm 8, Psalms for Praying, by Nan C. Merrill

O Love, my Beloved,

How powerful is your Name

in all the earth!

You, whose glory is sung in heaven

by the angels and saints,

who with the innocence and

spontaneity of a child,

Confound those who are mighty and proud,

You comfort the unloving and fearful.

When I look up at the heavens,

at the work of Love's creation,

at the infinite variety of your Plan,

What is woman that You rejoice in her,

And man that You do delight in him?

You have made us in your image,

Your fill us with your Love;

You have made us co-creators of the earth!

guardians of the planet!

to care for all your creatures,

to tend the land, the sea,

and the air we breath;

all that You have made,

You have placed in our hands.

O Love, my Beloved,

How powerful is your Name

in all the earth!