



Spiritual Food for the Journey

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“How
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Quotes From “The Practice Of The Presence of God”

By: Brother Lawrence (1614-1691)



Brother Lawrence of the Resurrection (c. 1614 – 12 February 1691) served as a lay brother in a Carmelite monastery in Paris. Christians commonly remember him for the intimacy he expressed concerning his relationship to God as recorded in a book compiled after his death, the classic Christian text, *The Practice of the Presence of God*. This book has become one of the great Christian classics.

“We ought not to be weary of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is performed.”

“He does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think.”

“How happy we would be if we could find the treasure of which the Gospel speaks; all else would be as nothing. As it is boundless, the more you search for it the greater the riches you will find; let us search unceasingly and let us not stop until we have found it.”

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If I Had A Hammer

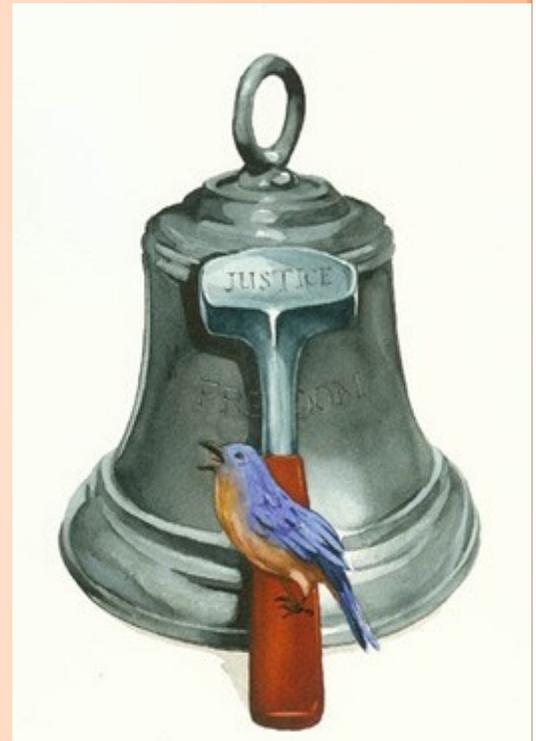
Some songs, and song writers, capture the essence of the Gospel of Jesus Christ without even mentioning Christ by name. In memory of Pete Seeger who died recently, below is his iconic classic "If I Had A Hammer".

*If I had a hammer, I'd hammer in the morning,
I'd hammer in the evening, All over this land,
I'd hammer out danger, I'd hammer out a warning,
I'd hammer out love between, My brothers and my sisters,
All over this land.*

If I had a bell, I'd ring it in the morning,
I'd ring it in the evening, All over this land,
I'd ring out danger, I'd ring out a warning,
I'd ring out love between, My brothers and my sisters,
All over this land.

*If I had a song I'd sing it in the morning
I'd sing it in the evening all over this land
I'd sing out danger, I'd sing out warning,
I'd sing out love between my brothers and my sisters
all over this land.*

Well, I've got a hammer and I've got a bell
and I've got a song to sing all over this land
It's the hammer of justice, It's the bell of freedom,
It's a song about love between my brothers and
my sisters
all over this land.



Work and Prayer

The following story comes to us from the 4th and 5th century Desert Fathers of Egypt. This story refers to Mary, who sat at the feet of Jesus, and her sister, Martha, who served him food. The biblical story is found in Mark 10: 38-42.

A brother came to visit Abba Sylvanus at Mount Sinia. When he saw the brothers working hard, he said to the Old Man: "Do not work for food that perishes, for Mary has chosen the good part."

Then the Old Man called to his disciples: "Zachary, give this brother a book, and put him in an empty cell to pray."

Now when it was five o'clock the brother kept looking out of his cell door to see if someone would call him for a meal. But nobody called him, so he got up, went to the Old Man, and asked "Abba, didn't the brothers eat today?"

The Old Man replied: "Of course we did!"

"Then why didn't you call me?" he asked.

The Old Man replied: "You are a pious spiritual person, and do not need that type of food produced by working. Indeed you have chosen the good part reading and praying all day long, and not wanting to eat food that perishes.

When the brother heard this he repented: "Forgive me, Abba."

Then the Old Man said to him: Mary certainly needed Martha, and it is really by Martha's work that Mary is praised."



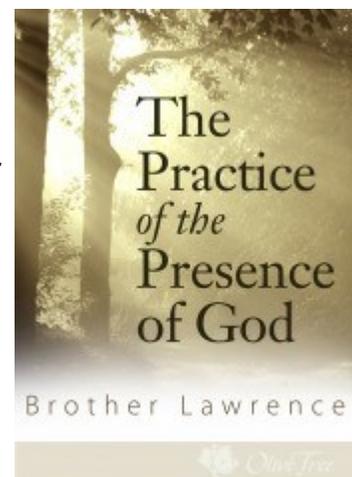
Pray while
you work.
Work while
you pray.



Continued Quotes from Brother Laurence

"Let us thus think often that our only business in this life is to please GOD, that perhaps all besides is but folly and vanity"

"We must know before we can love. In order to know God, we must often think of Him; and when we come to love Him, we shall then also think of Him often, for our heart will be with our treasure."



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Lectio Divina (Sacred Reading) for Spiritual Growth

"*Lectio Divina*", sometimes called "*Sacred Reading*" is a special type of reading. The aim of *Sacred Reading* is to allow the printed word to open your heart to the heart of God. When practicing the spiritual discipline of *Sacred Reading* you might want to find a quiet place, become attentive to the presence of God within that place, and ask God to open your heart to God's life-giving word.



You are invited to use this *Food for the Evergreen Journey* for such reading. Leave the publication somewhere with easy access. God might move you to receive its blessings at different times during the day, week, or month. Perhaps you will want to go back and read its offerings several times. Each time, God may reveal something new to you. Perhaps there will be a word or a phrase within this publication which moves you deeply and opens you to the fruit of the Spirit: ***love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.***

Pay attention to those words and phrases. They are God's word for *your life* today.

If you would like to contribute to this publication, please write or call Rev. Miller. The only requirement is that all submitted items be uplifting and convey some quality of the fruit of the Spirit as found in Galatians 5: 22-23.



Do Not Worry Matthew 6: 25-34

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God* and his* righteousness, and all these things will be given to you as well.

'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.