



# CAROLINE FURNACE

Lutheran Camp & Retreat Center

## Welcome to Quiet Day!

**If you are at Caroline Furnace:** *You are welcome to spend as long as you like today in prayer, meditation, and solitude. We invite you to walk the trails, sit by the lake, Passage Creek, or the spring, rest at a campfire circle or the steps of St. John's Chapel, or pray the labyrinth.*

**If you are at home:** *We invite you to spend time today in prayer, meditation, and (hopefully) solitude. We invite you to walk your backyard, neighborhood, or nearby park, sit by a calming spot, or rest in a comfortable outdoor space.*

**During our quiet time today, as we have just celebrated Reformation Sunday and as we vote on Election Day, we look inward toward our own need for re-formation in the image of Christ. As we let Christ re-form our thoughts about those with whom we disagree either politically, religiously, or interpersonally, let us all have the same mind that was in Christ Jesus.**

### Opening Prayer:

From "Out in Scripture" commentary, Advent 2 Year C

Loving God of creation, transform us. Turn our words into acts of your justice and love. Turn points of conflict into possibilities for coalition. In the name of Jesus, Amen.

### Scripture Reading: Philippians 2: 1-4

*If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.*

## **Contemplative Reflection:**

From Martin Luther's treatise "Concerning Christian Liberty"

"Lo! my God, without merit on my part, of His pure and free mercy, has given to me, an unworthy, condemned, and contemptible creature all the riches of justification and salvation in Christ, so that I no longer am in want of anything, except of faith to believe that this is so. For such a Father, then, who has overwhelmed me with these inestimable riches of His, why should I not freely, cheerfully, and with my whole heart, and from voluntary zeal, do all that I know will be pleasing to Him and acceptable in His sight? I will therefore give myself as a sort of Christ, to my neighbour, as Christ has given Himself to me; and will do nothing in this life except what I see will be needful, advantageous, and wholesome for my neighbour, since by faith I abound in all good things in Christ.

Thus from faith flow forth love and joy in the Lord, and from love a cheerful, willing, free spirit, disposed to serve our neighbour voluntarily, without taking any account of gratitude or ingratitude, praise or blame, gain or loss."

## **Closing Prayer:**

Take a slow, deep breath. As you inhale, realize you are receiving God's Divine Breath as a total gift. Exhale slowly. The Spirit of God, she dwells in us all that we may live. Amen.

OR

God, our refuge and strength, you have bound us together in a common life. In all our conflicts, help us to confront one another without hatred or bitterness, to listen for your voice amid competing claims, and to work together with mutual forbearance and respect; through Jesus Christ our Lord. Amen.

OR

Lord God, you call your people to honor those in authority. Help us elect trustworthy leaders, participate in wise decisions for our common life, and serve our neighbors in local communities. Bless the leaders of our land, that we may be at peace among ourselves and a blessing to other nations of the earth; through Jesus Christ, our Savior and Lord. Amen.