

**Reverence**  
**December, 2016**  
**USG Small Group Ministry**

**Chalice Lighting**

By having a reverence for life, we enter into a spiritual relation with the world.  
By practicing reverence for life we become good, deep, and alive.  
~ Albert Schweitzer

**Check-in**

*Share briefly what's been on your mind lately or your highs and lows since we last met. We will listen to each other without asking questions or offering advice to allow people the safety to share what's in their hearts.*

**Quotes for Inspiration/Readings**

Reverence: a feeling or attitude of deep respect tinged with awe; veneration. ~  
Dictionary.com

Let's think of reverence as awe, as presence in and openness to the world...Try walking around with a child who's going, 'Wow, wow! Look at that dirty dog! Look at that burned-down house! Look at that red sky!' And the child points, and you look, and you see, and you start going, 'Wow! Look at that huge crazy hedge! Look at that teeny little baby! Look at the scary dark cloud!' I think this is how we are supposed to be in the world - present and in awe.

~ Anne Lamott

The requirements for our evolution have changed. Survival is no longer sufficient. Our evolution now requires us to develop spiritually - to become emotionally aware and make responsible choices. It requires us to align ourselves with the values of the soul - harmony, cooperation, sharing, and reverence for life.

~ Gary Zukav, spiritual teacher and author

The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.

~ Swami Vivekananda, an Indian Hindu monk

Worship means reverence and humility it means revering your real self and humbling delusions.

~ Bodhidharma, a Buddhist monk

Science is not about control. It is about cultivating a perpetual condition of wonder in the face of something that forever grows one step richer and subtler than our latest theory about it. It is about reverence, not mastery.

~ Richard Powers, an American novelist

The problem to be faced is: how to combine loyalty to one's own tradition with reverence for different traditions.

~ Abraham Joshua Heschel, a Polish-born American rabbi

## Spiritual Exercises

1. Reverence is the way of radical respect. It recognizes and honors the presence of the sacred in everything — our bodies, other people, animals, plants, rocks, the earth, and the waters...Reverence is also a kind of radical amazement, a deep feeling tinged with both mystery and wonder. Approaching the world with reverence, we are likely to experience its sister — awe. Allow yourself to be moved beyond words.

At least once a day this month, stop what you are doing and pause to reflect on something absolutely wonderful in your life.

Excerpted from

<http://www.spiritualityandpractice.com/practices/alphabet/view/28/reverence> and [http://www.huffingtonpost.com/lindajoy-rose-phd/3-daily-practices-to-cultivate-mindful-reverence\\_b\\_6219560.html](http://www.huffingtonpost.com/lindajoy-rose-phd/3-daily-practices-to-cultivate-mindful-reverence_b_6219560.html)

2. Read about reverence and watch a two minute video here:

<https://thevchannel.com/the-what-why-and-how-of-reverence/> and then create a reverence practice of your own.

### Questions:

1. Do you consciously experience reverence on a regular basis?
2. What do you feel reverence for?
3. What does it feel like when you experience reverence?
4. Would having a practice of reverence enrich your life? If so, what would it look like?
5. Is there reverence behind some of your behavior and actions, even if you don't identify it as such?
6. Is reverence something you would want your children to learn?

**Sitting in Silence** *Take a few moments to sit quietly and reflect upon your thoughts.*

**Sharing/Deep Listening** *Respond with your thoughts/experiences with the topic.*

**Reflection** *This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared.*

**Singing** #205, *Singing the Living Tradition*

Amazing grace! How sweet the sound that saved a wretch like me!  
I once was lost but now am found, was blind but now I see.

### Extinguishing the Chalice

Pursue some path, however narrow and crooked, in which you can walk with love and reverence.

~ Henry David Thoreau