

Emmaus Online Video Prayer And Meditation Library



“Be Still and Know... Mindful Moments” Series For Adults

Thematic Index and Scripture Reference

This video series invites viewers into a short period of quiet mindfulness using inspirational thematic text, which is broken open with imagery and music and supported with a brief scripture reflection and blessing.

Episode	Scripture Reference	Theme and Focus
Affirmation	“Did you not know, you are the temple of God?” (1 Cor 3:16)	“If we could view ourselves from God’s perspective, we would see, reflected in the light of the sanctuary of our hearts, the very image and likeness of God.” <i>(Monica Brown)</i>
Awakening	“God who lives forever, created the universe... and in God we live and move and have our being.” (Ecc 18:1 & Acts 17:28)	“The day of my spiritual awakening was the day I saw, and knew I saw, all things in God and God in all things.” <i>(Mechtild of Magdeburg)</i>
Belonging	“Make your home in me as I make mine in you.” (John 15:4)	“The hunger to belong is at the heart of our nature...It is a longing to find a bridge across a distance from isolation to intimacy... It is always active and intense because you belonged so totally before you came here.” <i>(John O’Donohue)</i>

Beauty	“God has made everything beautiful in its time and has put eternity in our hearts.” (Ecc 3:11)	“The human soul is hungry for beauty, we seek it everywhere. When we experience beauty, there is a sense of homecoming.” <i>(John O'Donohue)</i>
Gratitude	“With gratitude in your heart... give thanks to God... for God is good and God's love endures forever.” (Col 3:16 & Ps136:1)	“Gratitude is an attitude of heart that enables us to count our blessings, in the ordinary and extraordinary moments of life. It nurtures a particular beauty and reverence in our humanity.” <i>(Monica Brown)</i>
Hope	“Those who hope in God will renew their strength. They will soar on wings like eagles.” (Isaiah 40:31)	“To live is to hope and to hope is to live from the belief that there is more to life than we could ever dare to dream.”
Letting Go	“Unburden your heart to God... Rest in God. For God is a shelter at all times”. (Psalm 62: 5, 8)	“Ah! The relief of letting go, of sinking into the trust of unconditional love, that welcomes and receives you just as you are.”
Peace	“Peace I leave with you, my own peace I give to you.” (John 14: 27)	“There is a sacred space deep within you, where true peace is found.”
Stillness & Silence	“God has made everything beautiful in its time, and has put eternity in our hearts.” (Ecclesiastes 3:11)	“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.” <i>(Etty Hillesum)</i>
Strength	“God is my strength... My hearts trusts in God... I can do all things in God who gives me strength”. (Psalm 28:7 & Phil 4:13)	“There is nothing so strong as gentleness and nothing as gentle as real strength.” <i>(St Francis de Sales)</i>

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