

# dwell



SCC, July 5<sup>th</sup> 2026 | Rachael Barham

## Psalm 27:4

“One thing I ask of the Lord,  
this is what I seek:  
that I may dwell  
in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.”



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## John 14:18 & 23

“I will not leave you as orphans; I will come  
to you... [My Father and I] will come to  
them and make our home with them.”

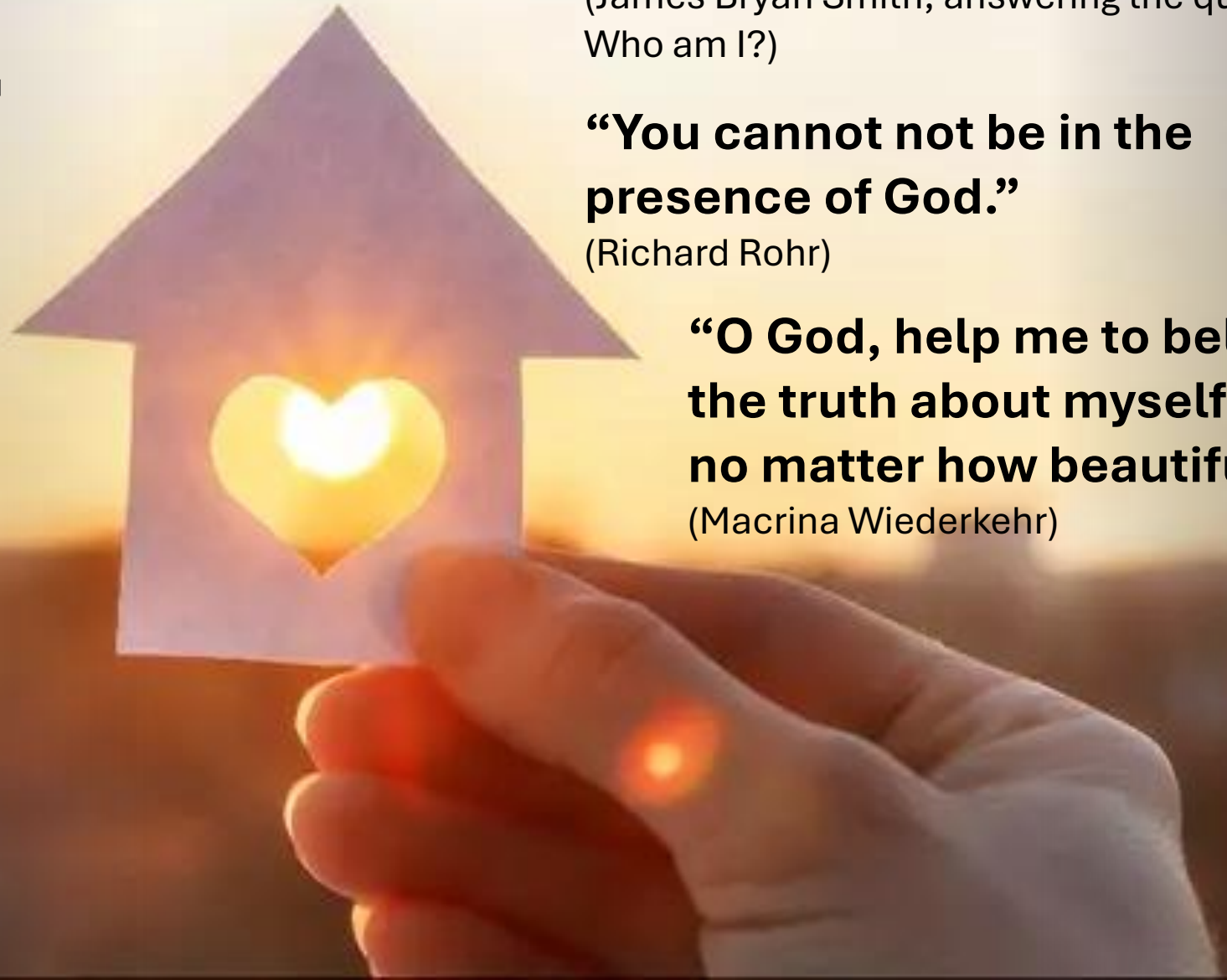
## 1 Corinthians 3:16

"Don't you know that you are God's temple  
and that God's Spirit dwells in you?"



# dwell

I dwell, I dwell,  
I dwell with you.  
I dwell in the  
house of the Lord.



**“I am one in whom God dwells  
and delights”**

(James Bryan Smith, answering the question  
Who am I?)

**“You cannot not be in the  
presence of God.”**

(Richard Rohr)

**“O God, help me to believe  
the truth about myself  
no matter how beautiful it is.”**

(Macrina Wiederkehr)

# Sit in the Strangeness

“Sit in the strangeness  
of it all, my love.  
Not because you should,  
not because it’s good for you,  
but because it’s the deep  
longing of your soul.  
Not because it’s wrong to want  
familiarity or home comforts  
but because you can use all that  
to deaden yourself  
to the freshness everywhere  
in every moment.”



# Relating to instinctual needs

My instinctual needs are natural and legitimate. I can overdo, over-identify with, or neglect them.

They are not all of me, and they don't need to define or rule me. There is something more essential about me and more essential to life than even those vital needs!



# Jesus in Matthew 6

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? [etc.] ...Why do you worry about clothes? [etc. etc. etc.!] So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ [etc.] For unbelievers run after all these things, and your heavenly Father knows that you need them. But seek first God’s kingdom and God’s righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

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## Matthew 6:33

“But seek first God’s kingdom and  
God’s righteousness, and all these  
things will be given to you as well.”



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“Contemplation is a fundamental constituent of human nature and hence available to every human being. It is accessed by letting go of our own idea of ourselves, turning our will over to God, and resting in the Divine Indwelling that is already present within us and waiting to reveal itself to us. Regular periods of silence and solitude can dispose us to extend our consent to God’s presence to every moment of our waking lives...”

*(Thomas Keating)*

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## God of the Quiet,

I feel you inviting me deeper  
into your silence and stillness.

Your rain-soaked trees are still  
even when they move  
for they remain rooted in you.

Your evening birds are silent  
even when they sing  
for they are only ever  
who you made them to be.

Draw me into that sweet silence  
and stillness of creation,  
which you have planted  
deep inside me too.

Though I hesitate  
it is my heart's desire to follow.  
Please quiet all that is within me,

as a mother quiets  
the child in her arms;

Still my fears and strivings  
with the whisper

of your love and delight;

so that, rooted in you,

and resting in who you made me,

my words may always arise

from your silence

and my actions always

from the heart of your stillness.

Amen.