



new
experiential
version

10 servings for

**organisations
& workplace**

SACRED SPACE

longer
lasting



holiness >>>>

now you can bring your soul to work with you

Introduction

Thank you for getting hold of these 10 servings of Sacred Space. They have been created to be used within your organisation or workplace to help develop a sense of the sacred. Some are experiential, some are thoughtful, some might take five minutes and others might demand a structural overhaul. You should be able to find something here that you have the power to implement yourself, other ideas might involve more people. Do have fun and send any feedback to you have to bruce@rejesus.co.uk

- Serving 1: **20 Minute Walk.** Keep fit and find some peace.
- Serving 2: **Jesus Says.** Apply these sayings directly to your work.
- Serving 3: **Mini Altar.** Cut it out and get holy on your desk.
- Serving 4: **Get Suggestions.** Ask around and make a plan.
- Serving 5: **Meditation Zone.** Set aside a space for the sacred.
- Serving 6: **Give Time.** Get practical and make a difference.
- Serving 7: **A Grateful Board.** Get that feel good factor working.
- Serving 8: **Find Your Values.** Take a deeper look at your organisation.
- Serving 9: **Pray.** Talk to God and share your concerns.
- Serving 10: **Sacred Library.** Collect some books and share wisdom.

Serving 1: 20 Minute Walk

Walking uplifts the spirit, stretches the body and quiets the mind. Take 20 minutes out of your lunch break and walk with the intention of walking in God's presence. With a little experience you can tune in quickly to the rhythm of the sacred within you.

Try one of these exercises.

→ **This first one** is designed to bring your attention to the present moment using your senses as anchors. As such it will help you drop stress and worry, and allow for calm to develop.

For the first five minutes focus on what you can hear. If your attention wanders gently bring it back to the sounds around you. What can you hear in the middle distance? What are the farthest sounds and what sounds are coming just from you: your breathing or your steps?

For the next five minutes focus your attention on what you can see allowing the sights to enter your attention without comment or labelling. This exercise isn't about describing and thinking about what you are sensing.

For the third five minute segment bring your attention to your sense of touch: the feel of your clothes on your body, your feet touching the ground, the play of air around your face and hands, the movement of your body.

For the last five minutes bring your attention to the present moment. Let your senses run right out so that your focus is wide but in the here and now. Observe your mind without judgement or comment and with your attention open, sense that you walk in God's presence.

→ **This second** walking exercise is much slower and is best done where you won't be observed or done where you won't mind if you are. For each breath you take, take a step. The aim of this exercise is to keep your attention on yourself and what you are doing: your breath rising and falling, the muscles in your legs moving etc. Fix your gaze on the ground a few meters in front of you to avoid distraction. Remember the intention of this exercise is to observe yourself, your body but also your mind.

For many hundreds of years a pilgrims prayer has been used in conjunction with walking. The words are 'Lord Jesus Christ, Son Of God, Have Mercy On Me'. This is a perfect addition to either walking meditation with each word being said in time with the steps or with the breath. It is called the Jesus prayer and much more can be read about it.



Walking

- Make some routes available for other employees and find some local meditative spots.
- Get in the mini bus once a week and take a long picnic in nature.
- Find out when a local church is open and visit during lunch times. Light a candle, pray a prayer.

There are many benefits to taking time out of your day for a 20 minute meditative walk.

- **Fitness.** It helps towards those 10,000 steps.
- **Balance for your mind.**
- **Physical stretch.** To make your normal work posture more comfortable.
- **Alpha waves.** It helps different levels of thinking to connect through alpha wave patterns.
- **Sensory anchor to the present.** You're experiencing things that bring you to the here and now.
- **Alternative perspective.** Take time to get a different view on work and creative tasks.
- **Alone.** Time to just be.



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Serving 2:

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Jesus says . . .

These are some of the sayings of Jesus taken from the four gospels. Read the saying a couple of times and ask yourself how it could apply to or influence your work. What can you do differently from now on? Write your ideas on the lines.

→ Now I tell you to love each other, as I have loved you. [John 15:12](#)

→ It's easier for a camel to go through the eye of a needle than for a rich person to get into God's kingdom. [Mark 10:25](#)

→ If you had faith no larger than a mustard seed, you could tell this mountain to move from here to there. And it would. Everything would be possible for you. [Matt 17:20](#)

→ What will you gain, if you own the whole world but destroy yourself? [Mark 8:36](#)

→ You cannot be the slave of two masters. You will like one more than the other or be more loyal to one than to the other. You cannot serve God and money. [Luke 16:13](#)

→ You can see the speck in your friend's eye. But you don't notice the log in your own eye. [Luke 6:41](#)

→ Don't judge others, and God won't judge you. Don't be hard on others, and God won't be hard on you. Forgive others, and God will forgive you. [Luke 6:37](#)

→ God blesses those people who are treated badly for doing right. They belong to the kingdom of heaven. [Matt 5:10](#)

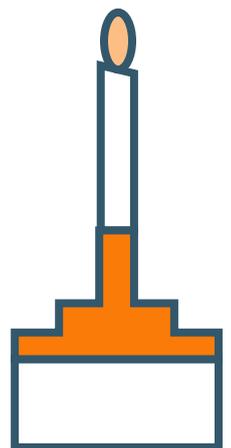
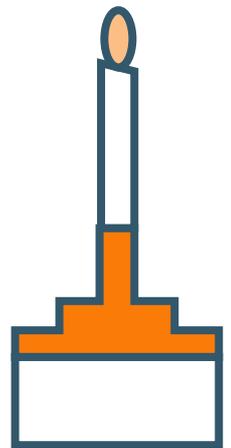
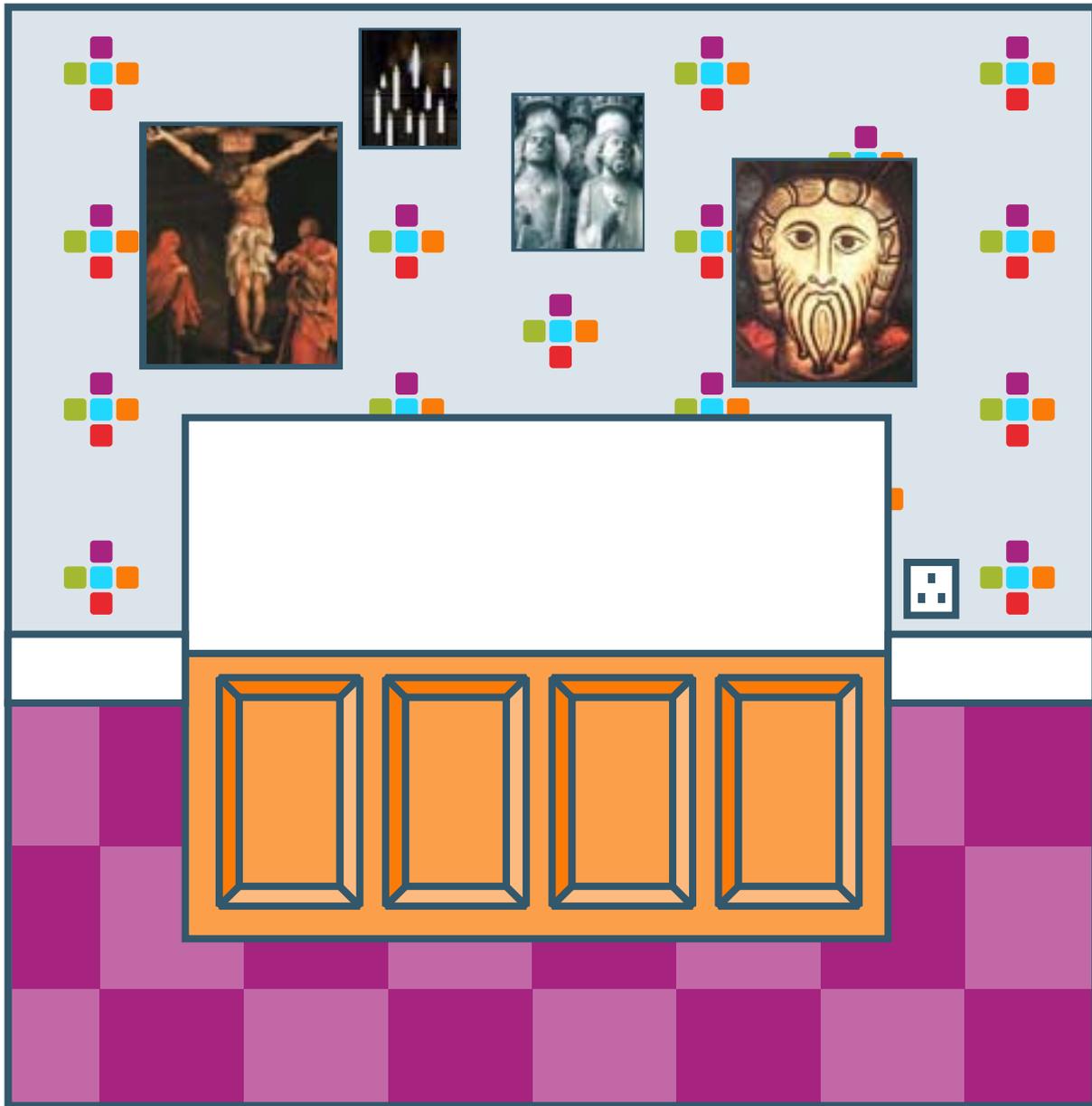
→ I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? [Matt 6:25](#)

→ Treat others just as you want to be treated. [Luke 6:31](#)

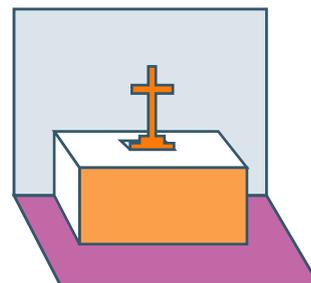
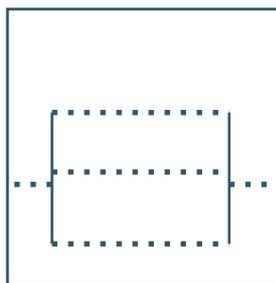
→ Good people do good things because of the good in their hearts. Bad people do bad things because of the evil in their hearts. Your words show what is in your heart. [Luke 6:45](#)

Serving 3: Mini Altar

Cut out and fold mini desk altar.



Using this diagram as reference cut out along the solid lines around the main outline and vertically either side of the altar. The dotted lines are folds.





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Serving 4:

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Get Suggestions

Whether it's top down or bottom up, making changes in your organisation will work best if there is some shared consensus. Ask around and see what suggestions people come up with about introducing space for the sacred into your organisation. Circulate a survey about what the benefits of respecting the sacred in the work place could mean and ask for practical suggestions. Poll or Vote on easily definable choices. Develop some suggestions of experiments to run (e.g. changes to work/life balance, eating together etc) and gauge the feedback.

Here are some example questions to get feedback, ideas and suggestions:

- 1 What would a sacred space within the work place comprise of?
- 2 Would the organisation/ team benefit from praying together?
- 3 What would make the biggest difference in your workplace?
- 4 How could the mission statement of the organisation be improved?
- 5 What are the values of the organisation?
- 6 How much time would you like to give to a sacred or spiritual activity?
- 7 Do you have to leave your soul outside when you come to work?
- 8 Who would be good at organising spiritual events?
- 9 If Jesus was leading this organisation what would the biggest change be?
- 10 What would the main benefits be from valuing the sacred at work?



Suggestion Box

Place a box somewhere obvious and ask for suggestions. You could make this anonymous if you think you would get more honest feedback that way. Or you could ask a specific question like one of those above.



Sacred Space Auditor

What 'sacred space' means will be different to different organisations. You may want to make it a serious consideration and therefore you could appoint an auditor to measure what is currently going on and accurately plan what sort of changes to implement.



Measure Effectiveness

If you undertake any activity from having a shared silent time (like those organised nationally from time to time) to volunteering some time make sure you measure the outcomes subjectively and objectively. Do organisations become more effective when they create sacred space?



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Serving 5:

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Meditation Zone

Make some space available in or around your work place for a quiet meditative zone – a place for stillness and contemplation. You could provide some comfortable furniture and ensure that the area would be respected; make sure the CEO uses it as well as the new people. You could also provide some meditative CD's to be played while people use the space.

meetings deadlines do
it now workload inbox
stress late pressure
(quiet meditation)
customer team bluesky
thinking management
reviews bottomline



Pause Place

Create a place on a corridor with sufficient room to have an awe inspiring picture and a way of commenting on it – post-its for instance. Perhaps give instructions: Take 30 seconds to soak in this image and get in touch with your response, emotionally, mentally and imaginatively.



Stillness Minute

Develop a habit of pausing in silence before starting any work activity. This could be done collectively with the whole organisation for one minute a day perhaps at the start of the working day or at the start of the afternoon.



Quotes

No great work has ever been produced except after a long interval of still and musing meditation. Walter Bagehot.

Prayer is when you talk to God; meditation is when you listen to God. Diana Robinson.

SACRED SPACE

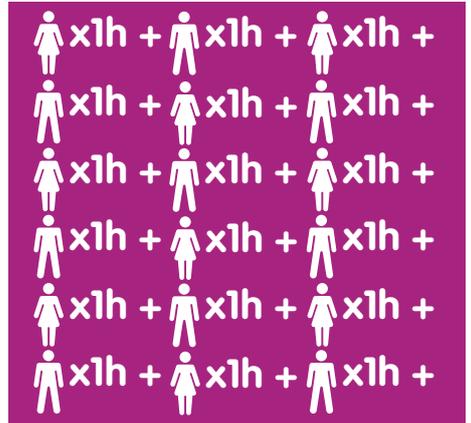
Serving 6: Give Time

Donate some time as an organisation or team towards a community or charitable project. This could be on an ecological project, work for a charity, for the homeless, mentoring or education, even visiting prison. Ask around for suggestions.

Working with a team and giving time and energy to others that need the help is a practical example of creating sacred space with others through giving, sacrifice and love.

Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all."

Mark 9:34-36



Timebank

TimeBank is a national charity inspiring and connecting people to share and give time. TimeBank appeals to people like you who know that their time and skills are in demand but just don't know what to do about it or where to start.

www.timebank.org.uk

Conservation

Inspiring people, improving places: BTCV is the UK's leading charity creating better environments where people feel valued, included and involved. Try your hand at mid-week dry stone walling, tree planting or path laying.

www.btcv.org

Pledgebank

Pledgebank is free and easy to use. Once you've thought of something you'd like to do, just create a pledge which says "I'll do this, but only if 5 other people will do the same". That way you can include even more people.

www.pledgebank.com

British Red Cross

If you have specialist skills such as PR, marketing or IT, there may be opportunities for you to help with projects. Or you could train as a first aider or help in the refugee services, independent living programme or tracing and messaging services.

www.redcross.org.uk/

We Are What We Do

Linked to the book: Change the World for a Fiver, We Are What We Do is a movement. We'd like to inspire people to use their everyday actions to change the world. Whoever they are. And wherever they are. And that includes you.

www.wearewhatwedo.org

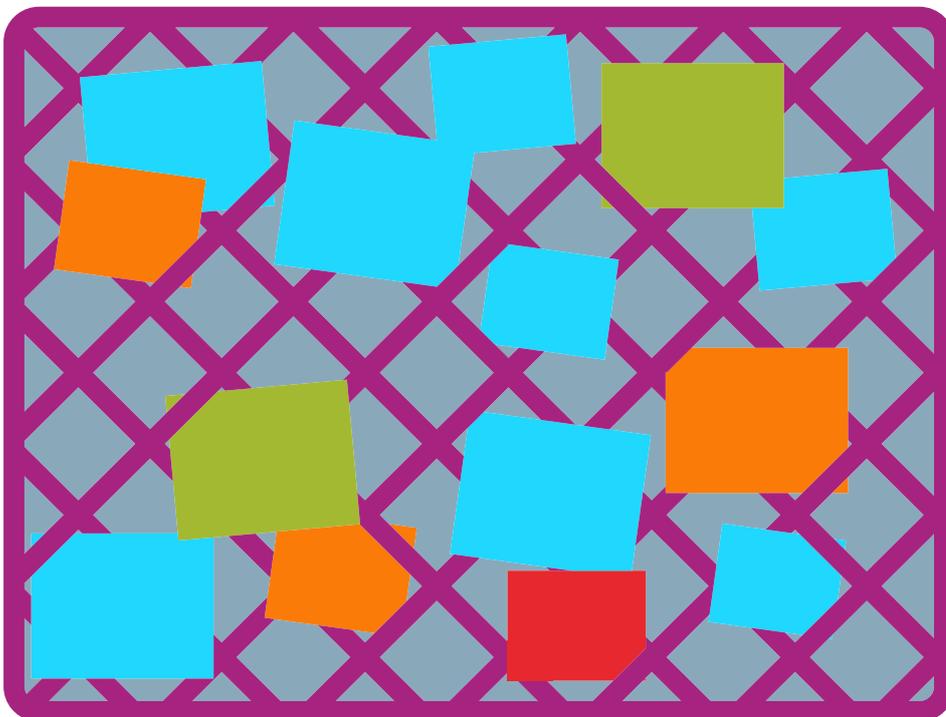
Christian Aid Week

Christian Aid Week is seven amazing days of fundraising, prayer and action against global poverty. Add your time, money and voice to Christian Aid Week, and see them multiplied to make an impact around the world.

www.christian-aid.org.uk

Set up a pin board for people to post notes about what they are grateful for. You know how saying thank-you benefits others but fostering a more thankful attitude affects you strongly as well. More positive emotions about the past like satisfaction, contentment, fulfilment and serenity can result.

Can you think of five things to be thankful for in your organisation or place of work right now?



- I'm grateful to be back at work, after being away sick for 3 weeks.
- I'm thankful that my son has got his place at university.
- I'm thankful to you all for the cards you sent when my mother died.
- What a great sunset last night!

Sharing Thanksgiving

Thanksgiving is celebrated in the US on the 4th Thursday of November but you can organise a shared thanksgiving any time. You can do this over a meal or at a party or arrange your own event.

Giving Thanks Journal

One hugely transformative exercises you can do is keep a happiness or thanksgiving journal. At the end of the day write down three things you can give thanks for or be happy for. Thinking of things on the days when that's difficult is the point!

Thanks on Agenda

Make it a policy to include giving thanks on the agenda of every meeting. Thank people for doing outstanding work but also recognise the smallest things that get done that could be thanked.



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Serving 8:

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Find your values

An organisation's real values steer its actions. These might be different from the values it thinks it has. The mission statement for your company might be 'helping the customer find solutions' but in practice it might be 'keeping our head above water' or 'lets make a big profit'. What do you think are the top five values really governing your organisation? Pick from this list or come up with your own.

Achievement
 Freedom
 Justice
 Security
 Uniformity
 Adventure
 Growth
 Kindness
 Perfection
 Self esteem
 Charity
 Health
 Leadership
 Service
 Money
 Community
 Honesty
 Love
 Spirituality

Creativity
 Honour
 Having your say
 Peace
 Control
 Strength
 Dignity
 Humility
 Criticism
 Success
 Power
 Supportiveness
 Ethics
 Professionalism
 Independence
 Pride
 Possessions
 Surrender
 Family

Individuality
 Reason
 Trust
 Self discipline
 Beauty
 Fairness
 Happiness
 Being liked
 Knowledge
 Friendship
 Appearance
 Protection
 Integrity
 Survival
 Respect
 Fun
 Intimacy
 Risk
 Wisdom

Which of these serve you and which hinder you? Values are 'habits of thought' which govern our actions and behaviour, and they can be changed giving rise to a change in behaviour. What five values would you choose for your organisation, to support what kind of behaviour?



Watch a Movie

A great way to start discussion about values is to watch a movie together. Try one:

Matrix, Truman Show, Jesus of Nazareth, Ghandi, Babet's Feast, Bubbleboy, Saved, Quiz Show, Jesus of Montreal, The Passion of the Christ.



Specific Values

The above exercise can be done with specific work actions like the values towards customers or employees or interviews or a project. Step back and think what changes you can make to these values that will bring in greater room for spirituality and contact with God's sacred space.



Follow Jesus

The gospels are a good way to learn the values of one of the most influential figures of all time. Download PDF gospels from 'the story' section of rejesus.co.uk. You could also partner with a local Church to find out more about bringing Jesus' values into your workplace.

Prayer is the one of the most direct ways of inviting the sacred into your work in very practical ways. Jesus and his followers regularly encouraged prayer for the big things and the little things. Thanks giving and requests for help are the core elements and it is as simple as making the time to do it either on your own or in a small group. Here are some suggestions to help.

Q W E R T Y

The first is based on the familiar qwerty keyboard layout.

Q = Quiet. Take a moment to quieten yourself. Sit in a comfortable position and take three deep breaths focusing on the movement of air in and out of your body. In this quiet moment invite God to be with you and guide you.

W = Work. Begin by praying about your work overall. Thank God for your work and ask him to bless and guide what you do. Express your concerns about your work and ask for any help you need.

E = Employees. Think about the people involved: colleagues and clients. What can you pray about regarding them? Who are you concerned about and what are their needs?

R = Resource. Pray about what kind of contribution your organisation makes to the World. In what way are you a resource and a help to others? What resources does your organisation need?

T = Task. Think about the tasks facing your organisation for the rest of the day or in the immediate future. Ask God to watch over these specifically.

Y = You. What would you like God's help with? What would you like to thank God for regarding your work?

The fingers on your hand can be used to bring to mind different things to pray for.

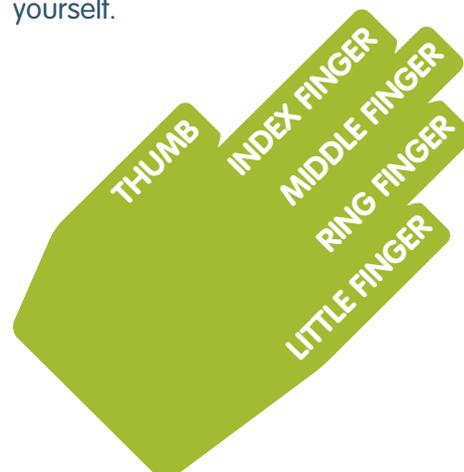
Thumb = this is the strongest digit on your hand. Give thanks for all the strong things in the life of your organisation.

Index finger = this is the pointing finger. Pray for all those people and things that guide and help you in your work.

Middle finger = this is the tallest finger. Pray for all the important people who have power over your organisation. Bosses, employers, directors, legislators and customers.

Ring finger = this is the weakest finger on your hand. It can not do much by itself. Remember that you work as part of a team and within a network of other organisations.

Little finger = this is the smallest and the last finger on your hand. Pray for yourself.



→ Jesus told his disciples a parable to show them that they should always pray and not give up.

He said: "In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' "For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'"

And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly.



Pray Online

Visit Post-a-prayer at www.rejesus.co.uk/spirituality/post_prayer

Serving 10: Sacred Library

Make a library available of useful titles that will help you and your colleagues get more in touch with sacred space. Titles that can help will range from classics and sacred texts to much more current self help titles. You can ask other people to suggest their favourites or even contribute books they already own. Try starting a monthly reading group and compare notes with others on subjects such as prayer, spirituality, meditation and business ethics. Start to see how your organisation or business benefits.



Jesus CEO

By Laurie Beth Jones.

Following the example of Jesus, a "CEO" who built a disorganized "staff" of twelve into a thriving enterprise, a handbook for corporate success details a fresh approach to motivating and managing others that translates to any business.

The Bible

The Bible is actually a collection of 66 different books spanning an enormous time period. Some is historical, some is poetic, some are prophetic and others are letters. Read for yourself the 10 commandments, Samson and Delilah, Jesus's sermon on the mount and Psalm 23.

Authentic Happiness

By Martin Seligman

Absolutely full of practical wisdom and its authentic sources. What depth and width of understanding! Seligman affirms our power of choice with a perspective on old and new psychology I found compelling and fascinating – S.R.Covey.

Purpose-driven Life

By Rick Warren

Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question. Reduce your stress, focus your energy, simplify your decisions, give meaning to your life.

The Imitation of Christ

By Thomas A Kempis

Demonstrates the individual's reliance on God and on the words of Christ. In this astonishing work he demonstrates an encompassing understanding of human nature.

The Path

By Laurie Beth Jones.

Provides spiritual insights and practical advice as part of a program for fulfilling personal business goals and explains how to develop life-propelling action plans.