

# Healing Teas



Lemon 🍋 is rich in vitamin C, improves insulin sensitivity, digestion and detoxifies the body.

Ginger is anti-inflammatory, anti-bacterial and helps with digestion as well.

Ezekiel 47:12

“...and the leaf thereof for medicine.”

The medicinal components of a great many herbs are deposited in their leaves, which makes them perfectly suited for brewing into healing teas.

*(from book “Healing Teas” by Marie Antol)*

## Tea Time with BNF



### ***“A Cup of Tea”***

When the world is all at odds  
And the mind is all at sea  
Then cease the useless tedium  
brew a cup of tea.

There is magic in its fragrance,  
There is solace in its taste;  
And the laden moments vanish  
Somehow into space.

And the world becomes a lovely thing!  
There's beauty as you'll see;  
All because you briefly stopped  
To brew a cup of tea.

William Gladstone

**BNF invites you  
to enjoy the Word of God over  
a cup of tea**

- ❖ Prepare for your spiritual journey
- ❖ Brew your special cup of tea
- ❖ Find your favorite teacup
- ❖ Go to your sacred space to fit your special needs



# Tea Time Devotions

*We invite our Lord to join with us in this quiet place of peace and rest. We can hear His voice.*

*Allow Him to fill you with His Words and **promises** and to remind you of His **love***



## Reflection

Wrap your hands around the cup.  
Imagine yourself enfolded in God's hands.  
Let the love of God bring you peace.



# Breath Prayer

(Be especially aware of the emptying-filling cycle as you breathe in and out)

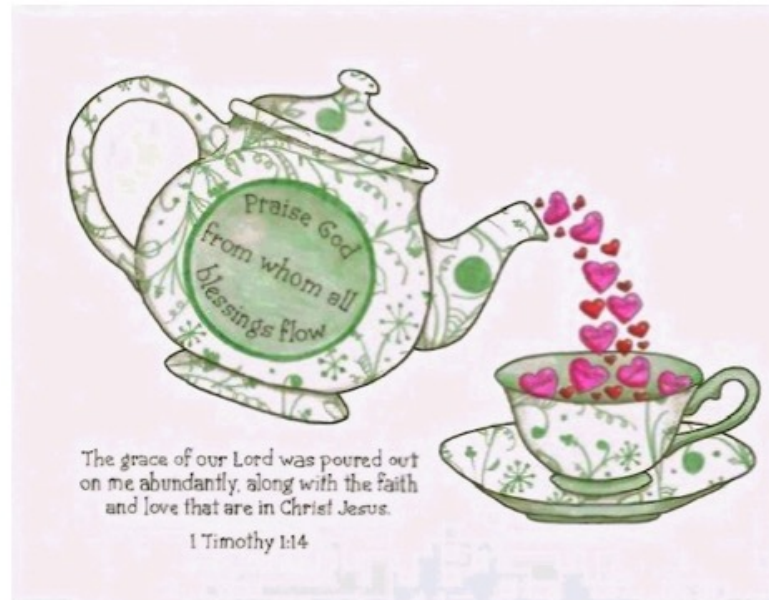
*Breathing in ...  
Breathing out ...*

*Filling up...  
Emptying out...*

# Breath Prayer

*Breathing in... Welcome Holy Spirit*

*Breathing out... In this place*



## The Cup of Blessing

*The spiritual journey* - a constant process of emptying and filling,  
of giving and receiving, of accepting and letting go.



## Light of Love

Many tea cups have a special shape and size, which gives a “personality,” just as each person does.



Like a cup, our physical, psychological, and spiritual shape is unique to each of us.



God created each of us out of love, meant to be a **light** of **love** in transforming our world.

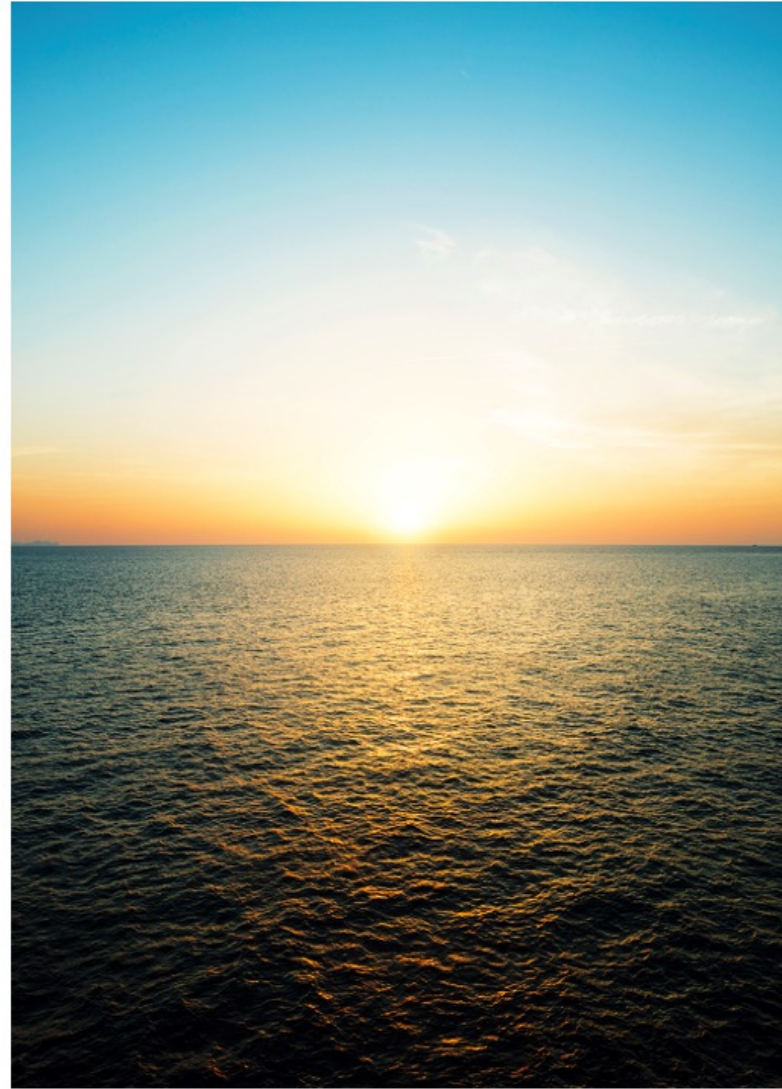
## *Breath Prayer*

*Breathing in...*

*I am loved...*

*Breathing Out...*

*I am light...*



## The Cup of My Life

Every teacup has its own story. The Bible also has many stories to tell of people and faith. Our stories would remind us of the joy of serving God by serving others.



## *Breath Prayer*

Psalm 25: 4-5

“Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” Amen.



*Breathing in... Send your light*

*Breathing out... Send your truth*