



CENTERED Podcast – Week 3, Practice 1

December 14, 2020

Karl: Hey everyone, welcome to the CCC podcast Centered - an exploration of spiritual practices for everyday life. Like you know, we hope that every single person who's engaging with this podcast - whether you're a person who's a part of our church or a person of faith, or whether this is brand new to you and you don't know what you believe in - we hope that this podcast will help you live just a little more of a balanced and healthy life. Will help you find a little more centeredness and less distraction, a little more compassion, a little less anxiety. We're really glad you're here and we're glad to be with you.

In our last episode we introduced a new practice. It's called *Lectio Divina*. And here's the idea: as we've been learning how to find stillness in life - and we know that finding stillness can result in what scripture calls the peace that surpasses understanding - as we've been learning to find that stillness we're going to expand that into a practice centered around listening to scripture.

We introduced the five parts of *Lectio Divina*. Those parts are Relax, Read, Reflect, Respond, and Rest. And today we're going to be reading a passage from the gospel of Luke chapter 24 (verses 13 - 32). It's the passage where Jesus is walking with a couple of his disciples on the road to Emmaus. And this is after Jesus has died, and then after Jesus has come back to life. And people are hearing about it and wondering at it and they just don't know if it's true. We really like this passage because it's a story about walking. Jesus, out on a walk with some friends of his. And we hope that that's a reminder of the practices we engaged last week where we can find stillness and silence while we're out and active in the world. We also wonder if it might have a connection to our *Lectio* from yesterday, where we saw a story of Jesus washing the dirty feet of his disciples and saying just like he has served us, so we also serve others.

If you didn't listen to the introduction episode on *Lectio* I'd encourage you to do so, just to help give you a context for what we're going to do together. But with that, let's jump into our practice of *Lectio* for today.

As you recall we're going to read slowly through the passage three times. I'll give a few prompts just to help you kind of engage in the stillness of the space. But I hope and pray that this word would be strengthening and life-giving for you today.

So first, we relax. As we've done in previous practices, take a few deep breaths.

Feel the chair, the floor giving you support. If you have any tension, holding maybe in your back or shoulders, maybe in your neck or forehead, try and let that relax a little.

Take a couple more slow breaths. And then I'm going to do the first reading of our scripture. And as I read, consider - what's the word or the phrase or the image that stands out to you?

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they

talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

He asked them, "What are you discussing together as you walk?"

They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

"What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

Take a moment, and consider the word or phrase that stood out to you from that passage. As I read a second time, reflect on the word or phrase that stood out. Why did you notice them? What is their significance?

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Reflect on the significance of this passage for your life.

For our third and final reading, we will respond. This is our chance to engage or talk with God about the passage. Some questions you might consider: How might you need to put into practice the significance of this story for your life? You might notice, are you resistant to anything? Are you excited or eager about anything?

Make this reading a conversation with God, so that you might observe and draw conclusions that ultimately lead to your growth in life.

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Finally, we take a moment to rest.

And allow space for the significance of this word to sink in to your soul. Whatever word or phrase stood out you might repeat them in your mind or even envision a moment from the passage. Continue to learn to let go of other thoughts or distractions so that scripture might be the focus of your attention.

Take the next couple minutes, to rest.

As you get ready to go back into whatever's next in your day, take a deep breath. And another. Whenever you're ready you can open your eyes.

I hope that this practice of *Lectio* will be a source of continued stillness throughout the rest of your day and even in the days and weeks to come. So good to be with you, and we're eager to be together with you again in our next Centered podcast. Grace and Peace.