



## CENTERED Podcast – Week 3, Practice 2

December 16, 2020

**Kaley:** Hey everybody! Welcome back to Centered- an exploration of spiritual practices for everyday life. If this is the first time you are tuning in with us, I highly recommend that you go back and listen to the past two weeks, as well as the introduction that we posted, which gives you an idea of what this podcast is about.

This week we have been focusing on *Lectio Divina*, and we did a little intro episode that was already released, that tells you a little bit about the practice of *Lectio* itself. Today we are going to continue with that practice.

So just a quick reminder of what *Lectio* is. It consists of 5 steps, all conveniently starting with the letter R. First we Relax, we Read, we Reflect, Respond, and Rest. I will be reading through the passage three times, with a few prompts to help you engage with the text in a new, more still way. We have done a couple of these already about Jesus later in his life, but today we will be focusing on Mary's Song in Luke 1:47-55.

This week we have focused two episodes on passages about Jesus later on in his life. But today we are going to be going a little bit backwards to read a passage about Mary. In Luke 1:46-55, Mary sings a song all about how she felt after she was called by God to be the mother of Jesus. Because it is Advent, and this is the season of anticipation, we felt it was fitting to focus an episode on her.

We will be praying through the scripture together, and I would invite you to join me.

Our first step of *Lectio* is to relax. It may help to close your eyes if you feel comfortable. Feel the ground underneath you and ease your tension back into it. Allow the muscles in your body to ease, one by one.

Now focus on your breath. Feel your chest rise and fall, keeping the natural rhythm.

Now I will read the first time through the passage. Pay attention to what words or phrases stand out to you. And as may you feel some tension or distractions arise, gently bring your attention back to the passage.

See what you notice. What words or phrases are jumping out to you today?

And with that, I will begin.

*My soul glorifies the Lord  
and my spirit rejoices in God my Savior,  
for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,*

*for the Mighty One has done great things for me—  
holy is his name.  
His mercy extends to those who fear him,  
from generation to generation.  
He has performed mighty deeds with his arm;  
he has scattered those who are proud in their inmost thoughts.  
He has brought down rulers from their thrones  
but has lifted up the humble.  
He has filled the hungry with good things  
but has sent the rich away empty.  
He has helped his servant Israel,  
remembering to be merciful  
to Abraham and his descendants forever,  
just as he promised our ancestors.*

Again I will read the passage. Think about what you noticed last time we read. Why were those words or phrases significant? Why do you think they stood out?

You might also reflect on this passage with questions like: What does the passage reveal about people? What does this passage reveal about God? What does the passage reveal about yourself?

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This third read through, I want to challenge you to think of it like a conversation with God. How is God calling you to respond? What emotions are arising? Observe how you feel drawn towards growth and change.

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Now allow the words we read sink in. Process through the realizations you had, or the ways you felt God speaking to you. Again, if you feel outside thoughts and distractions arise, gently observe them and let them pass.

Bring your attention back to the room, and awareness back into your body. Slowly move your fingers and toes, and open your eyes.

As we finish this practice of *Lectio*, I would encourage you to write down some reflections. Don't let this moment slip away into the busyness of your day.

As always, we would love to hear your reflections and realizations from today's time together, and you are welcome to write those on our Instagram and Facebook pages.

I hope you enjoyed today's practice of *Lectio*, make sure to tune into our final practice later this week.