



CENTERED Podcast – Week 3, Practice 3

December 18, 2020

Karl: Hey everyone, this is Karl Helvig and you are listening to Centered: a podcast exploring spiritual practices for everyday life. This is a community of people trying to find just a little more stillness and balance in our otherwise too often busy and chaotic lives. We're so glad you're here, and as always we really hope that this podcast is meaningful and a life-giving tool to help you.

This is our final episode exploring the practice of *Lectio Divina*. And just as a reminder, *Lectio* comes in five parts. We start by relaxing, finding that stillness we've been practicing together all throughout this podcast. Then we slowly read a passage of scripture. We read it a second time and reflect on the passage. We read it a third time and respond to the passage. And then we end by simply resting in whatever it is that this passage is speaking to our lives today.

If you didn't listen to the introductory episode for this week, I'd encourage you to go and do so now.

The passage we'll be reading today is from the Gospel of Luke, chapter 1 verses 67 through 79. This is the song of Zechariah, as he is filled with the Holy Spirit.

I'd encourage you now, to find a comfortable place to sit. Take a moment to feel the support of the surface beneath you, holding you up. And take a couple slow, long breaths.

And now take a moment to simply relax. Reminding yourself that we can be still, we can set aside the distractions, the worries of our lives. Let any other thoughts that come just fall to the side, as you become mindful of God's presence with us.

Listen now as I read this passage for the first time, and remember to be attentive for any word or phrase that stands out to you.

*Praise be to the Lord, the God of Israel,
because he has come to his people and redeemed them.
He has raised up a horn of salvation for us
in the house of his servant David
(as he said through his holy prophets of long ago),
salvation from our enemies
and from the hand of all who hate us—
to show mercy to our ancestors
and to remember his holy covenant,
the oath he swore to our father Abraham:
to rescue us from the hand of our enemies,
and to enable us to serve him without fear
in holiness and righteousness before him all our days.
And you, my child, will be called a prophet of the Most High;*

*for you will go on before the Lord to prepare the way for him,
to give his people the knowledge of salvation
through the forgiveness of their sins,
because of the tender mercy of our God,
by which the rising sun will come to us from heaven
to shine on those living in darkness
and in the shadow of death,
to guide our feet into the path of peace.*

Take a moment to consider whatever word or phrase stood out to you. As I read the passage a second time, consider why it might be that this word or phrase stood out to you. Listen to the passage again, and ask - what significance does that word or phrase have for you in your life? And remember to enjoy the slow and unrushed pace that we can take right now. We are in no hurry.

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As I read a third time, let this be an opportunity to engage with God. Is this passage prompting you to put anything into practice in your life? Did you notice any resistance? Did you notice any excitement? Where is it that you can grow in response to this practice? Let this reading be a time to engage with God.

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Take these final couple minutes to rest. Whatever word or phrase has been standing out to you, however you've just responded, simply take time and rest in this moment. As we get ready to end this practice of *Lectio*, go ahead and take a nice deep breath. And another. And one more. And whenever you're ready you can open your eyes. I hope that the stillness and significance that you found in this practice might stay with you for the rest of this day, and into the days ahead. Good to be with you. I encourage you to make sure to come back next week, for our final practice in this season of Centered. Grace and peace.