

SUNDAY

Tune My Heart

Introduction: 8pm Dimnent

Welcome to the Awakening 2023!

This is your prayer and meditation guide for your spiritual formation this week. Make sure you keep a journal, a bible, and this prayer guide available throughout the week especially for our time together in the morning. Our theme for the Awakening 2023 "Tune My Heart." Our intention this week is to receive God's love more easily and readily.

The Awakening is a prayer and worship retreat. We are retreating from our regular rhythms of busyness to quiet our hearts in worship, prayer, and spiritual conversation so we can more easily tune into God's love.

Throughout the day, especially in the mornings we will be slowing our hearts and minds down to pay attention to ourselves, to learn from each other, and to give our hearts and minds to God. We hope to tune our hearts to give and receive the love with God more easily and readily.

You and I so easily get out of tune with the things that matter. We easily get lost in things that don't matter. We can easily get lost in things that even hurt more than they help.

Our focus this week is simply: *what matters?*

Said differently: *What is beautiful? What is true? What is admirable?*

WHAT IS SPIRITUAL FORMATION?

When we consider spiritual formation, we are considering how every part of our lives—how we eat, sleep, play, and work is somehow forming the way we think and love. We are always being formed by the things in our lives. Every detail, big or small, has spiritual implications: how you dress, speak, the people you spend time with, the places you play, study, work and rest—all of these decisions make an impression on you. They shape the way you think, feel, desire, and behave.

Lectio divina - Ephesians 4

v8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Pslam 131

*1My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
2But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
3Israel, put your hope in the Lord
both now and forevermore.*

not

you.

PERMISSIONS

So that you understand that this week is for you and that you have permission to be you. Let's review all these permissions.

This week you have permission to:

- ...ask questions
- ...be confused
- ...be skeptical (but not cynical...there's a difference)
- ...be restless and impatient
- ...be stubborn
- ...say "no"
- ...disagree with each other
- ...make this week your own (we get out of things what we put into them)
- ...risk and fail
- ...be foolish
- ...be weak
- ...be angry
- ...stay the same
- ...be different, to pray, think, feel, love, act in a way that is all your own

...speak on behalf of yourself and not your friends, family, church (This is your week. Focus on your story, your journey)

You also have permission to:

- ...trust
- ...love
- ...give your leaders honest feedback. Let us know how we can serve and love you better
- ...wait for trust and love, to be patient and not to force or fake love and trust
- ...say "yes"
- ...listen to the Spirit on behalf of yourself, to pray for your own growth.
- ...listen to the Spirit on behalf of others, to pray for other's growth
- ...be gentle with yourself
- ...be gentle with others
- ...be wise
- ...be careful
- ...dream
- ...hope
- ...be transformed, to change and grow
- ...fall in love

For St Augustine following Jesus was a question of ordering our loves. It's not that we can't love the things in the world. It's that we can't love any single thing more than we love God. Even more importantly, it's that all the things of this world are signs that can direct us to love God more easily and readily, that we learn to love through everything in our lives.

COVENANT OF PRESENCE

#1 FULLY PRESENT: I choose to be fully present to myself and welcoming to others. I will do my best to not leave anyone out.

#2 LISTEN GENEROUSLY: I choose to listen generously and to create space for others to speak before I make an effort to be heard myself.

#3 SHARE MY STORY: I choose to believe that I have valuable, important things to share with others.

#4 WE COME AS EQUALS: I choose to not compare myself with others. I will do my best to not allow envy and jealousy to hinder me from loving freely.

#5 NO "SHARE OR DIE" PRESSURE: I choose to share when I am ready, and I choose to determine the extent to which I want to participate.

#6 NO FIXING: I choose to be a safe listener and to only offer advice when asked for it.

#7 AVOID JUDGMENT: I choose not to judge others with my words, actions or even in my heart.

#8 RETURN TO GRATITUDE & WONDER: I choose to give thanks for the gift of hearing and being heard. If I notice I am becoming judgmental, I choose to wonder: "why did she share that story or made those choices?" "I wonder what my reaction to his story teaches me about myself?" "I wonder how she is feeling right now?"

Often you and I live our lives without knowing what we really want. We get stuck in someone else's expectations, someone else's way of living and loving, someone else's way of defining what matters in a day. We get busy. We rush. Each day can seem like a blur. We live such hectic lives that make it very difficult to pay attention to what matters.

Our theme for this week is "tuning our hearts to more readily give and receive God's love." When we ask ourselves, _____ this is a way of tuning our hearts, a way of seeing how we are living and loving.

When we ask ourselves: _____ when we ask this question earnestly, all the bigger questions about ourselves, about the world, and about God come into focus. Have you tuned a guitar or trumpet? Have you had to work hard to sing on pitch? Singing on pitch, tuning an instrument, and tuning your heart, all these require us to slow down, listen, and to pay attention.

Imagine that you are the instrument. The Spirit of God created you to be just who you are because he wants to flow through you in love. God wants to play you, to sound through your rhythms, your inner chord structures, to breathe and sing through you.

This week we are slowing down to pray, worship, meditate, journal, and to have spiritual conversation so that we can more readily cooperate with the Holy Spirit, so we can allow the Spirit to help us tune our hearts to give and receive love.

We will be pausing throughout the week to check in with ourselves so we can pay attention to what is really going on inside our hearts and minds. The challenge is that there is a lot of confusion and noise that make it difficult to pay attention. There is a lot of noise inside of ourselves also noise outside of ourselves.

Let's check in right now. Take a moment to quiet your heart and mind. Close your eyes for a minute. Slow your breath. Release any stress and Notice what is happening inside of you. How do you experience yourself? Are you nervous, tired, excited, glad? How would you describe your experience of yourself right now?

One other challenge of checking in with ourselves is when things are turning out well. This is a question of tuning our expectations. It may seem strange to consider that good things could make it difficult to stay tuned into God. Let me explain. Have you done really well at something recently or ever? Have you been able to accomplish something so well with precious discipline and care that someone or a group or maybe even an audience showered you with adulation and gratitude? When was that last time you felt like you were winning? Describe your experience.

Much of the goodness of life is about climbing up steep mountains that seemed insurmountable. When we work hard you discover that you are smarter, tougher, more talented, and capable than you had previously thought possible. It's thrilling to climb to these mountain tops. But can we live there? Can every day of our lives be a thrilling victory?

In our Philippians passage, the Apostle Paul tells us that he has found the secret of how to be content despite the ups and downs, the good and the bad. He's saying,

Have you ever noticed that on those days that seem incredibly hellbent, those days when the world seems to be falling apart—have you noticed that those days just pass away? Remember, we are considering what matters in life by °rst considering what matters in a single day. So recall how time and patience help us see that those days that seem so insanely and impossibly horrible are not so bad a`er all. What we thought was the end of the world? It's just a bad day.

On the other hand, for all the times we have experienced some kind of victory, the good grade, the approval of parents, the invitation to hang out with



TUESDAY

Tune My Heart

8am Dimnent

Summary: As I learn to cooperate with the Holy Spirit to tune my

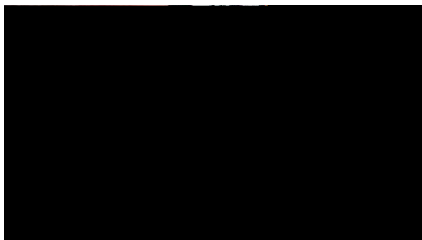
-Henri Nouwen

Now, let's compare what you are drawn at the Awakening to what you pay attention to back at home. ~ This past year at home, who or what do you admire the most? What things or activities do you think about the most? What do you find yourself meditating on throughout each day?

In this section below, the late pastor Eugene Peterson helps us think about how we can respond to the Apostle Paul's instruction to "think about such things." Peterson uses the way his dog chews on a bone to illustrate the Hebrew word for 'meditate.'

around, licked it, worried it. Sometimes we could hear a low rumble or growl, what in a cat would be a purr. He was obviously enjoying himself and in no hurry. After a leisurely couple of hours he would bury it and return the next day to take it up again. An average bone lasted about a week.

I always took delight in my dog's delight, his playful seriousness, his childlike spontaneities now to ally absorbed in "the one thing needful." But imagine my further delight in coming upon a phrase one day while reading Isaiah in which I found the poet-prophet observing something similar to what I enjoyed so much in my dog, except that his animal was a lion instead of a dog: "As a lion or a young lion growls over his prey ... " (Isa. 31:4). "Growls" is the word that caught my attention and brought me that little "pop" of delight. What my dog did over his precious bone, making those low throaty rumbles of pleasure as he gnawed, enjoyed, and savored his prize, Isaiah's lion did to his prey. The nucleus of my delight was noticing the Hebrew word here translated as "growl" (hagah) but usually translated as "meditated," as in the Psalm 1 phrase describing the blessed man or woman whose "delight is in the law of the LORD," on which "he meditates day and night" (v. 2). Or in Psalm 63: "When I think of thee upon my bed, and meditate on thee in the watches of the night" (v 6). But Isaiah uses this word to refer to a lion growling over his prey the way my dog worried a bone.



Eugene Peterson (1932-2018) was one of the most important pastors, theologians, poets of the twentieth century. He translated the entire Bible by himself, a translation called *The Message* that is a remarkably delightful, creative way to read the Bible. Western Theological Seminary adjacent to Hope College is home to the Eugene Peterson Center that hosts all of Peterson's letters and original manuscripts.

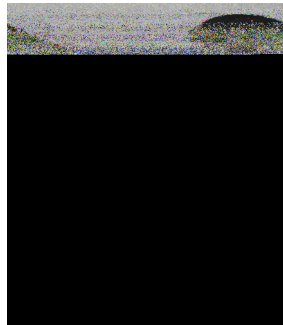
Peterson often taught the poetry of Hopkins below. Both authors help us see God in everything, everywhere.

Pied Beauty

by Gerard Manley Hopkins

Glory be to God for dappled things –
For skies of couple-colour as a brindled cow;
For rose-moles all in stipple upon trout that swim;
Fresh-[~]recoiled chestnut-falls; [~]nches' wings;
Landscape plotted and pieced – fold, fallow, and plough;
And all trades, their gear and tackle and trim.

All things counter, original, spare, strange;
Whatever is [~]ckle, freckled (who knows how?)
With swif[~], slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise him



Gerard Manley Hopkins SJ (1844-1889) was a Jesuit priest whose private poetry became famous after his death. His attention to visual detail in nature is expressed through the "sprung rhythm" sound of his word choices.

As we consider what is pure and lovely, we have the gift of nature this evening. Read over the description of the Visio Divina practice in the Appendix B section. Ask any necessary questions in your group. Make sure each of you is calm and willing to look for God in nature. An intern will guide your group through each step. When you

certain friendships and activities.

But as you notice your desire for these things, you are becoming more vulnerable. Now with greater self-awareness the stakes seem higher. The greater your desire, the greater the potential anguish of failure. If you aim yourself toward particular friendships, what if they don't reciprocate and enjoy you too. If you choose an activity, a sport, an instrument, what if you don't have the discipline or talent to become impressively good?

Now you are comparing yourself to others in whole new ways. It's so much easier to become embarrassed by something, anything. You want to be unique and independent, a real creatively genuine person, yet you also

don't want to be too strangely different. You don't want to stand out and be too weird.

This journey into adolescence is exciting and also exhausting. You are making specific decisions about who you are and who you want to be. You especially need safe people you can trust during this time. We hope this week with the Awakening is especially a safe place for you to slow down and to listen to yourself and to God.

Much of today, tonight, and tomorrow will be spent putting together your group's worship set. You will have a special role to play, and you will also have many opportunities to trust others in your group.

As this week has progressed, as you move toward putting this worship set together, what are you noticing about yourself? What are you excited about in terms of who you are as a person? What do you celebrate and give thanks for?

As this week has progressed, as you move toward putting this worship set together, what are you noticing about yourself? What are you excited about in terms of your own gifts and strengths?

When you consider your weaknesses and fears, what are you concerned about?

What about the others in your group? What do you admire in them? How is your group helping you learn to trust God more? How are you experiencing God's love in and through them?

Let's review again: in our passage for this week, the Apostle Paul speaks about the secret he has learned of contentment. We are choosing the metaphor of tuning an instrument because this secret is about our attention, our alignment, our clarity, and resonance. God is not "out there" somewhere in the beyond. The resonances of God's love are all around us and inside of us. He can reveal his love to us in and through anything.

There will be lots of rush and maybe even panic as you plan practice your worship set. Remember, all music is created in and through stillness. Music begins and ends with stillness and silence. As a piece of music develops its meaning, it meanders through moments of rests, various pauses. Yet to even get our instruments and voices ready to play a piece of music, musicians need to slow down and listen as they tune their instruments. Vocalists need to warm up, to sing some scales. They need to be attentive to the other vocalists and instruments to sing in tune.

Let's return to our practice of tuning our hearts. If you were to say one thing to God right now, what would you say? Write down a word, a phrase, or even a sentence prayer speaking honestly to God about what you want for tonight, for tomorrow, or for this rest of this week.

THURSDAY

Summary: I have been tuning my heart to give and receive God's love more easily and readily all week. Now, as I consider the end of my Awakening retreat, I want to think about how I can bring the Awakening home. But before I go home, I have the chance to cooperating with the Spirit as I help lead worship today. How will I put the things I have learned into practice today? How will today

Of all the words the Apostle listed, perhaps “whatever is pure” is the most piercing word when it comes to the ways we resist God. Today as you rehearse more and as you lead worship, this is especially a chance to trust God more sincerely than you have all week. You are preparing some music, some prayers, and even some teaching. Let’s also prepare our hearts.

As you prepare to serve God, you are considering how you will collaborate with the Holy Spirit to help others experience and know God’s presence, his love, and truth. The old word for ministry preparation is “consecration.” To consecrate myself is to choose a kind of purity, a more whole-hearted, active willingness to surrender to God. We’ve been doing this consecration all week. Now, with this service, your faith has the opportunity to be activated and stretched.

Again, this is all about being in tune with God’s love, wisdom, his presence, his voice and movements. To consecrate, is to set ourselves apart, to cooperate with the Holy Spirit to make ourselves more available to the sacred work of God. Tomorrow, in our morning worship service, we will practice a communal consecration as we send you home to your friends and families, schools and churches, so that you can more easily and readily share God’s love with others.

We can consecrate ourselves this morning as we check in with ourselves and with God. How are you doing this morning? How do you experience yourself? What is good? What is difficult?

If you were to say one thing to God right now, what would you say? Write down a word, a phrase, or even a sentence prayer speaking honestly to God about what you want for tonight, for tomorrow, or for the close of this week.

Have you learned anything more about the distractions that are keeping you from giving and receiving God’s love? As you prepare to lead worship, how can you especially give these things to God?

The Jesus Way: A Conversation on the Ways that Jesus is the Way

lived

*Holy [hagie]
consecrated [hegiasmenoi]*

[s]anctify [hagiason]

hagiastheto

But holiness is in wild and furious opposition to all such banality and blandness. The God-life cannot be domesticated or used - it can only be entered into on its own terms. Holiness does not make God smaller so that he can be used in convenient and manageable projects; it makes us larger so that God can give out life through us, extravagantly, spontaneously. The holy is an interior fire, a passion for living in and for God, a capacity for exuberance in the presence of God. There are springs deep within and around us from which we can drink and sing God.

Tune My Heart

Introduction: 8am Dimnent

We will meet together to introduce this morning's prayer practices. You will have some time to be alone followed by time to share with your small group.

Our 'text' this morning for prayer is you, your journey (or 24) 13.49 up...

NOTES:

Discuss - Gather in your small groups and share with each other giving witness to how the Spirit has moved in your life this week. Close by praying for each other.

Lectio Divina

“Divine Reading”

The main purpose of lectio divina is to allow the text to read us. Through lectio we offer ourselves as living sacrifices (Romans 12:1) to God by submitting to him, by giving ourselves to him as we read the Scriptures. Most often we come to a book, a class, a conversation or idea with a posture of control. It's as if we pin the book on a table like a frog to dissect. We then as our mental scalpel begin to take the book apart. In Literature class this is required, to separate plot, setting, major and minor characters, and theme in order to identify the meaning of a book. We do the same thing with Bible study when we read from a posture of power working with our intellects to make sense of the Bible.

But the Bible doesn't always make sense to my minds. Often I don't even make sense to myself. I am messy, out of sorts, and

Visio Divina

“Divine Seeing”

With the visio divina, we come to the visible world around us and surrender to God in a similar way that we come to the Scriptures

God's

The Prayer of Examen

Steps of the Prayer of Examen

1. Wait. Rest. Center. Draw near. Place yourself in God's presence. Give thanks for God's great love for you.

2. Illumination. Pray for the grace to understand how God is acting in your life.

3. Notice. See. Be attentive. Review your day — recall specific moments and your feelings at the time. Use this space to write down specifics of your day where you sensed either consolation or desolation. Identify at least three specific instances.

4. Meditate. Converse with God. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?

5. Commit. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Write out how you want to respond to God tomorrow. Be specific, and conclude with a prayer of thanks.

This prayer guide was written by Josh Banner who serves as the director of discipleship for the Awakening. Josh was previously the Minister of Music & Art at Hope College from 2006-2013. During his tenure at Hope he also taught in the Studies in Ministry Minor degree program and shared the oversight of the campus recording studios.

Today Josh is the director of the *Invitation, a spirituality center that creates time and space for God at the vi*

G