

Awaken to God's Presence | Epiphany | Robin Linkhart

SUMMARY KEYWORDS

meditation practice, spiritual guidance, Epiphany blessing, mindfulness intention, ordinary grace, peace and health, weary rest, sorrowing comfort, divine connection, guided practices

SPEAKERS

Joelle Wight, Robin Linkhart

Joelle Wight 00:04

A gift of peace in the midst of troubling times. Project Zion Podcast offers this series of guided practices to help you connect with the divine no matter where you are or what's going on around you, take a deep breath and allow your spirit to find calm in the storm of life.

Robin Linkhart 00:23

Welcome to this time of meditation. This is Robin Linkhart, Community of Christ minister and your companion for today's spiritual practice. Today's practice comes from the work of Valerie Taylor and author Jan Richardson.

What if we approached Epiphany like we would a blessing for a house, a home, a place we would invite God's presence to dwell, to nurture our love for one another, to share in joy, comfort and sorrows.

Wherever you are right now, pause.
Find a comfy place to sit.
Settle in and let your shoulders relax,
close your eyes and simply breathe.
Listen to the rhythm of your breath.

As we prepare for the season of Epiphany imagine the coming year as a house. Think of it as a space in time that is opening itself to all of us.
How will we inhabit the coming year? (pause)
How will we enter it with mindfulness and with intention? (pause)
How will we move through the rooms of the coming months in a way that brings blessing to this world? (pause)

Hold these questions in your mind as we hear these words from Jan Richardson titled,

“The Year as a House: A Blessing.”

Think of the year as a house: door flung wide in welcome,
threshold swept and waiting, a graced spaciousness
opening and offering itself to you. (pause)

Let it be blessed in every room.
Let it be hallowed in every corner.
Let every nook be a refuge and every object set to holy use. (pause)

Let it be here that safety will rest.
Let it be here that health will make its home.
Let it be here that peace will show its face.
Let it be here that love will find its way. (pause)

Here let the weary come
let the aching come
let the lost come
let the sorrowing come. (pause)

Here let them find their rest
and let them find their soothing
and let them find their place and let them find their delight. (pause)

And may it be in this house of a year that the seasons will spin in beauty,
and may it be in these turning days that time will spiral with joy.

And may it be that its rooms will fill with ordinary grace
and light spill from every window to welcome the stranger home.

Wherever you make your home, may it be blessed, and may you
enter this Epiphany and the coming year in peace.

Listen, to the rhythm of your breath.
Feel the rhythm of your heart -- beating in your chest.
Aloud or silently -- offer a prayer to God for this new year

Amen,