

A20 | Awaken to God's Presence | Teach Me to Listen
Project Zion Podcast

A New Year of Listening

Hi this is Tyler Marz, Community of Christ minister and spiritual companion. Part of my journey is finding the divine in everyday life. Today I invite you to join me in a prayerful practice of pondering and listening.

As we venture into this new year, so many things can be infiltrating our minds, excitement, resolutions, worry, anticipation, fear of the unknown, new beginnings. It is always difficult to see what lies ahead. What is at the core of this new year, is that we, each of us, individually is a part of it.

Let this practice focus on our part in the whole, for just a moment.

In our practice today I will recite a Jesuit prayer adapted by John Veltri, interspersed with questions to ponder.

I invite you to get comfortable and close your eyes if that is helpful for you to focus.

With your feet flat on the floor, you might imagine the energy of the earth flowing up one leg, to the top of your head, and down the other leg back into the earth.

Take a few deep breaths; breathing in vital oxygen, and the Holy Spirit.

Teach me to listen, O God,
to those nearest me,
my family, my friends, my co-workers, those I minister to.
Help me to be aware that
no matter what words I hear,
the message is,
“Accept the person I am. Listen to me.”

How might we more fully open our hearts to truly hearing what the other is saying?

Teach me to listen, my caring God,
to those far from me—
the whisper of the hopeless,
the plea of the forgotten,
the cry of the anguished.

Let us empathize with their anguish for just a moment...

Teach me to listen, O God my Mother,
to myself.
Help me to be less afraid
to trust the voice inside —
in the deepest part of me.

What voice do we long to trust, but fear so greatly?

Teach me to listen, Holy Spirit,
for your voice —
in busyness and in boredom,
in certainty and doubt,
in noise and in silence.

How can each of us provide a moment amidst the busyness to listen to the Holy Spirit?

Teach me, Lord, to listen.
Amen.

—Adapted by John Veltri, SJ

For a new year: **As we ponder what this new year might bring, knowing full well there will definitely be surprises, may we remember the constant presence of the Divine in our lives, take time to sit and truly hear others, trust the gifts God has gifted us with—deep inside, and listen for the gentle and bold nudging's of the Holy Spirit in our lives.**

May we “listen in the silence, listen in the noise, listen to the sound of the Spirit’s voice”