



## Minding the Gap - December 2013

A Faith and Work Publication

Welcome to Minding the Gap, a monthly thought about faith in the workplace!

### "Slowing Down"

Recently, in a Faith & Work Gathering at Incarnation, we had the privilege of having Marty Stortz as our resource person. Marty holds the Bernhard Christensen Chair of Religion and Vocation at Augsburg College which is a formal manner for describing her passion for, and commitment to integrating who we are as people of faith into our daily lives - a great part of which is our employment. Her theme for the evening was "Finding God's Presence in the Workplace - A Practical Guide".

Her first insight about finding God's presence was "God is already here". So, we don't have to invite or 'work' to get Her/Him there. What a relief and motivating realization!!! However, perhaps our greatest challenge is for us to "slow down" enough to recognize and experience God's presence --- to have a time at work where for a minute or two we can sit quietly, listen to a brief scripture text, and consider its content. In table conversations, it was pretty clear that our worksites have taken on a "hurry up" profile, and simply to find a "mechanism" and the time to apply it, was our biggest problem. To that issue, Marty provided the below-described practice, and we thought it would be helpful for anyone who wasn't able to attend Marty's talk, to have it as a "tool" for helping us to more fully experience God's presence. If you were present for Marty's talk, consider this as review of what she shared. This "tool" can help us to more fully experience God's presence. While this practice has a very fancy title (Lectio Divina) and ancient roots, it is a very meaningful and simple practice to follow:

Begin with this very brief prayer: "Lord, open my heart to reflect on your call in my life and for your world today. Amen."

Choose a passage to read. It is suggested that it be a brief passage, and that you read it aloud (seems to help the words stand out better) - three sources for finding passages:

1. "Magnificate" an online source at [www.magnificate.net](http://www.magnificate.net). This is a subscribed service but very good.
2. "God Pause" (from Luther Seminary) at [www.luthersem.edu/godpause](http://www.luthersem.edu/godpause) is a free service with a scripture text and comment.
3. Isaiah & Psalms are also excellent scripture sources for brief, thought-filled texts.

Reflect on the text. What word(s) strikes you? Be silent and reflect on it/them.

Read the passage aloud again. What might God be saying to you? May even jot it down on a piece of paper.

Read it aloud for a third time. How might God be calling you in your work setting to act? And, how might you react to His call?

Close with the above prayer.

Give this a try - takes maybe 5 minutes, and decide for yourself.

Have a blessed Advent and Christmas,

Jim Grubs

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