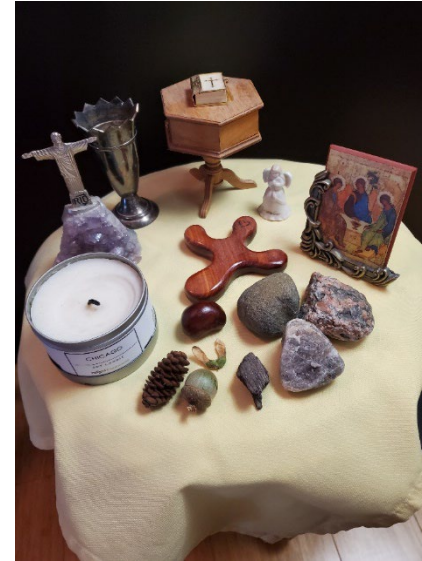


The Gospel of Luke – The Art of Discipleship

Practices/Suggestions for growing as a disciple

- When we read the passage in worship or you read on your own, try to put yourself in the story. Virg wrote about this in her article in the September newsletter. In worship we won't read the passage twice, but we will allow a time of silence after the reading:
 - Read the story one time. Select a character (give yourself permission to be Jesus sometimes.)
 - Read it a second time. Use all your senses: What are you seeing? What are you smelling? What are you hearing? What are you thinking? What are you doing? What do you touch? What emotions are you experiencing?
 - If you are doing this on your own and you like to journal, write down your reflections
- If you have never seen an episode of The Chosen, watch one. I'd especially recommend Season 4 Episode 1 which is the beginning of Luke's Gospel. You can watch on YouTube (with ads,) Hulu, or on thechosen.tv. It's free. The Chosen is well done. There is some artistic license when the producers fill in the gaps and I don't agree with their take on everything. But mostly it's very good and it makes the characters and the world of Jesus and his disciples come to life. We have a DVD copy you can borrow.

Practice: Make time for prayer and some sort of ritual every day, even if it's only a few minutes. Some of the prayer time can be spoken prayer, but allow time for silent, wordless prayer. A home altar can be a helpful way to mark a sacred space for prayer. (see reverse)



This little home altar creates a focus for my meditation time. It's a place set aside to meet God.

The cross of Christ is at the center.

The chalice and little Bible represent Word and Sacrament, the means of Grace in the Lutheran Church. There's an angel there, and a little souvenir of the Christ Redeemer statue in Rio de Janeiro. All four of those are gifts from my kids. There's also a replica of Rublev's icon, the Trinity. Iconography is a window to the transcendent in the Orthodox tradition.

In front is my little nature display. There are assorted seeds representing the potentiality of life. The rocks represent resilience and a connection to the earth. The piece of bark represents the protection of nature. This part of the altar reminds me we meet God in nature.

The scent of the candle is called Chicago and it's a gift from my daughter who lives in Chicago. We've always laughed about what that means – the scent of Chicago can be anything from dead fish to sewer to lilacs along residential streets to a myriad of ethnic cooking smells. It's here as a reminder that God is present in the city, too.