

# More Than Hearing Worksheet

Episode: COrdinary4x2016

Text: Psalm 71: 1-6

1 In you, O Lord, I take refuge; let me never be put to shame.

2 In your righteousness deliver me and rescue me; incline your ear to me and save me.

3 Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.

4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel.

5 For you, O Lord, are my hope, my trust, O Lord, from my youth.

6 Upon you I have leaned from my birth; it was you who took me from my mother's womb. My praise is continually of you.

Smarts	Images in the text	Illustrations	SFX
Word - Verbal/Linguistic			
Eye - Visual/Spatial	I take refuge  a strong fortress		project images of tents, canopies, balconies, awnings, roofs, arbors, etc. other structures that protect - maybe a parent holding/shielding a child  castles, forts, fortifications, a big brother, a parent, good friends, etc.
Math - Logical/Mathematical			
Body - Kinesthetic	Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel.	both a <i>literal</i> rescue - imprisoned or captive people - and <i>metaphorical</i> rescue - trapped by circumstances or choices	<u>literal experience</u> - enlist a volunteer who is flexible and willing to crawl into a cardboard box for a few minutes. During this time you can speak about conditions where people in the world are compressed into tight spaces (prisons, factories, slums, human trafficking, etc.) and how literally compressed their bodies are. Ask your volunteer

			<p>how he/she feels during and after the experience - note feelings in limbs, lungs, heart rate, blood pressure, etc.</p> <p><u>metaphorical experience</u> - {this could be done at the same time or after the literal experience} encourage your congregation to take inventory of how their bodies feel right at this instant; heart rate (actually find pulses), breathing, muscle tension. As they witness the volunteer in the box and imagine the circumstances of compression, take inventory again and note any difference</p> <p>God's rescue is release from these compressions</p>
Musical		<p>"In You, O Lord, I Have Found Refuge" from <i>Psalms Of Patience, Protest, And Praise</i>, by The Iona Community, John L. Bell director</p> <p><a href="http://www.ionabooks.com/psalms-of-patience-protest-praise-cd.html">http://www.ionabooks.com/psalms-of-patience-protest-praise-cd.html</a></p> <p><a href="http://www.ionabooks.com/psalms-of-patience-protest-praise-songbook.html">http://www.ionabooks.com/psalms-of-patience-protest-praise-songbook.html</a></p>	<p>traditional "A Mighty Fortress"</p> <p><a href="https://www.youtube.com/watch?v=FY4DCG-nFBI">https://www.youtube.com/watch?v=FY4DCG-nFBI</a></p> <p>contemporary "My Hiding Place"</p> <p><a href="https://www.youtube.com/watch?v=EIVC6rfX3Z8">https://www.youtube.com/watch?v=EIVC6rfX3Z8</a></p>
Natural			
People - Interpersonal			<p>coming off the body SFX above, give your congregation information about ministries that work with or on behalf of people trapped in tiny</p>

			<p>spaces</p> <p>for example -</p> <p><a href="http://www.humantrafficking.org/">http://www.humantrafficking.org/</a></p> <p><a href="http://www.exoduscry.org">www.exoduscry.org</a></p> <p><a href="http://www.exodusfoundation.org">www.exodusfoundation.org</a></p> <p><a href="http://wingsforlifeinternational.org/index.html">http://wingsforlifeinternational.org/index.html</a></p>
Self - Intrapersonal	For you, O Lord, are my hope, my trust, O Lord, from my youth.		<p>questions for consideration:</p> <p>How have you experienced God's sheltering or rescue in your life? What do you need shelter/rescue from now?</p>