

# More Than Hearing Worksheet

Episode: CAdv2x2018

Texts: Malachi 3:1-4, Luke 1:68-79, Philippians 1:3-11, Luke 3:1-6

**BODY Smart** connects with those who use the body effectively, like a dancer or a surgeon. These people have a keen sense of body awareness. They like movement, making things, touching. They communicate well through body language and be taught through physical activity, hands-on learning, acting out, role playing. Tools include equipment and real objects.

## Old Testament

**Text: Malachi 3:1-4**

See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight — indeed, he is coming, says the Lord of hosts. 2 But who can endure the day of his coming, and **who can stand** when he appears?

For he is like a refiner’s fire and like fullers’ soap; 3 he will sit as a refiner and purifier of silver, and **he will purify** the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness. 4 Then the offering of Judah and Jerusalem will be pleasing to the Lord as in the days of old and as in former years.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
		<p>1) Vs. 3 → The refiner’s fire burns away impurities in metal ore. Use the metaphor in BODY smart as an exercise routine or a “cleanse”. The coming of the day of the Lord is like a series of crunches, or time on a yoga mat, or preparing for a marathon, or an aerobic workout, or switching out one’s diet for a week or so. The purifying effect is on one’s body and health.</p> <p>2) vs. 2 → who can stand? The idea behind this</p>	<p>⇨ Do some crunches or run in place for a while, or do some deep breathings. Encourage others to join you!</p> <p>You could also bring some fresh fruits and veggies to fellowship, or serve a green salad.</p> <p>⇨ Before the service, arrange for some</p>

		<p>question is one of endurance and fitness, so what are some things that bodies endure? What are some things that require “fitness”? Illness, pregnancy and childbirth, physical labor, athletic training, dancing, outdoor hobbies or activities.</p> <p><i>Both illustrations concern the effects of repeated activity on the body that lead either to fitness or exhaustion. The difference is nourishment....</i></p>	<p>members to spend the time lifting weights or doing yoga poses that require attention to balance (like <a href="#">tree</a> or <a href="#">eagle</a>), or stand at attention the way a soldier would. Keep tabs on them and check in from time to time. At the end of the service, make some time for them to report about their experience and whether at any time they thought they could not longer “stand it”.</p> <p>3) The passage could be interpreted through <a href="#">dance</a>! Or, at least through <a href="#">liturgical movement</a>.</p>
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**Psalm**

**Text: Luke 1:68-79 (Song of Zechariah)**

68 “Blessed be the Lord God of Israel,  
for he has looked favorably on his people and redeemed them.  
69 He has **raised up** a mighty savior for us  
in the house of his servant David,  
70 as he spoke through the mouth of his holy prophets from of old,  
71 that we would be saved from our enemies and from the hand of all who hate us.  
72 Thus he has shown the mercy promised to our ancestors,  
and has remembered his holy covenant,  
73 the oath that he swore to our ancestor Abraham,  
to grant us 74 that we, being **rescued from the hands** of our enemies,  
might serve him without fear, 75 in holiness and righteousness  
before him all our days.  
76 And you, child, will be called the prophet of the Most High;  
for you will go before the Lord to prepare his ways,  
77 to give knowledge of salvation to his people  
by the forgiveness of their sins.  
78 By the tender mercy of our God,  
the dawn from on high will break upon us,  
79 to give light to those **who sit in darkness** and in the shadow of death,  
to **guide our feet** into the way of peace.”

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
	<p>These are the first words Zechariah speaks after nine months of waiting for Elizabeth's child to be born. He has had a lot of time to sit and watch and listen and learn.</p>	<p>1) Vs. 69 - "raise up" brings to mind the effort it takes to rear something; a garden or children or a service animal. Use one or all of these as a way to illustrate the physical effort required to do each.</p> <p>2) Vs. 76 - "and you, child...." Zechariah is speaking to his son for the first time. Imagine a father holding his new-born in a delivery room; see his hands and arms cradling the entire body of the baby; feel the weight of the child and the responsibility of being the father; watch him look at the baby's face. Fast forward a bit, to a dad holding a toddler on his lap reading a story or a dad coaching a child in a sport or school work or running beside a bicycle or teaching a teenager to drive.</p> <p><i>This has heavy PEOPLE overtones, but there is a physical connection to each of these things that bridges and channels the relationship between a father and his child.</i></p>	<p>⇐ Encourage those in your congregation who have done any of these things (some have done all!) to go to the muscle memory of the lifting, bending, scrubbing, hoeing, cutting, waiting, etc. of the activity.</p> <p>2) vs 79 - "who sit in darkness" and "guide our feet"</p> <p>If it is possible, turn the lights off in your worship space and allow people to sit in the darkness for a while. [This is challenging if you have large windows with no way to cover them.] Encourage folks to note any differences in the way they breathe when the lights go out; is there any change in muscle tension? Do you notice any other physical stimuli - air temperature, etc.</p> <p>Talk about how difficult it would be to find a path in the dark - the strain on eyes, the tension in the muscles, the potential danger to bones if there is a misstep.</p> <p>Turn the lights back on and say that this light is like the illumination Jesus brings to guide us out of the hazards of sin into God's path of salvation.</p>

**Epistle**

**Text: Philippians 1:3-11**

3 I thank my God every time I remember you, 4 constantly praying with joy in every one of my prayers for all of you, 5 because of **your sharing in the gospel** from the first day until now. 6 I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. 7 It is right for me to think this way about all of you, because you hold me in your heart, for all of you share in God's grace with me, both in my imprisonment and in the defense and confirmation of the gospel. 8 For God is my witness, how I long for all of you with the **compassion** of Christ Jesus. 9 And this is my prayer, that your love may overflow more and more with knowledge and full insight 10 to help you to **determine what is best**, so that in the day of Christ you may be pure and blameless, 11 having **produced the harvest of righteousness** that comes through Jesus Christ for the glory and praise of God.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
<p>For here grows the body of a new human family, a body which even now is able to give some kind of foreshadowing of the new age.</p>	<p>Paul wants their love to abound more and more (1:9). Paul's understanding of such love relates to God's love flowing among us and through us into the world - for all. It is wonderfully big and generous.</p> <p>The goodness that God wants is nothing less than the flow of love which marks the heart of God's doing and being. (see the viscera)</p>	<p>1) Paul is writing to the Philippians from prison. The prison is controlled by Rome, so we may be able to extrapolate the conditions of his confinement as not pleasant - to put it mildly. But is <a href="#">modern imprisonment</a> any different? Invite your congregation to experience the physical constraints of confinement - small spaces, no windows, simple food, iffy sanitation, no contact with other people - and then contrast Paul's joy at hearing about his beloved community.</p> <p><i>(This link to <a href="#">The Marshall Project</a> has more <b>PEOPLE</b> and <b>SELF</b> smart implications, but is just too good not to share!)</i></p> <p>2) Vs. 5 - κοινωνία -</p>	<p>1) Vs. 10 - to distinguish fully; to show what is superior</p> <p>How do you know what work out routine is best for you? You do the work out routine.</p> <p>How do you know what diet is best for you? You start one and stick with it until you perceive a difference.</p> <p>How do you know what (fill in the blank) is best or of superior value? You try it out to discern its worth.</p> <p>Gather some items that either you or someone you know has had good experiences using. This does not need to be an infomercial but the idea is that you have - over time - tested something that has been beneficial to you.</p>

		fellowship or even embodiment. This is the difference between sharing something with someone online and showing up at one another's houses - the BODY is present.	2) Vs. 8 - σπλάγχνοις is translated as "compassion" but is literally "guts" or inward parts, organs, innards, viscera. Where the feels are. Bring in some plastic organs and show where Paul is experiencing his emotion!
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**Gospel**

**Text: Luke 3:1-6**

In the fifteenth year of the reign of Emperor Tiberius, when Pontius Pilate was governor of Judea, and Herod was ruler of Galilee, and his brother Philip ruler of the region of Iturea and Trachonitis, and Lysanias ruler of Abilene, 2 during the high priesthood of Annas and Caiaphas, the word of God came to John son of Zechariah in the wilderness. 3 He went into all the region around the Jordan, proclaiming a baptism of repentance for the forgiveness of sins, 4 as it is written in the book of the words of the prophet Isaiah,

"The voice of one crying out in the wilderness:  
 'Prepare the way of the Lord,  
 make his paths straight.  
 5 Every valley shall be filled,  
 and every mountain and hill shall be made low,  
 and the crooked shall be made straight,  
 and the rough ways made smooth;  
 6 and all flesh shall see the salvation of God.'"

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
		1) Vs. 4 - "prepare the way" <ul style="list-style-type: none"> <li>• Blocking or tackling in football</li> <li>• Setting up rooms for guests</li> <li>• Arranging transportation</li> <li>• Picking up objects in a room so no-one trips over</li> </ul>	1) Vs. 5 - valleys filled, mountains leveled  Bring in some dough of your choice. Be sure it is stiff enough that it can be shaped easily. Begin with a mountain heaped up on one side and a valley scooped out on the other. As you talk about making rough places plain, push

		<p>them</p> <ul style="list-style-type: none"> <li>• Bouncers, bodyguards, secret service - using their own bodies to clear paths for their clients</li> </ul> <p>2) Verse 5 - mountains levelled and valleys filled</p> <p>Consider the amount of work it would take to do this! How many hours of shoveling and grading would it take to make a mountain and a lake smooth out to one level plain?</p> <p><i>There is a <b>MATH smart</b> element to this with numbers of cubic feet moved and the amounts of energy required for it, but if you contain the work to one person's own physical capacity, you get an idea of the preparation needed for this to happen.</i></p>	<p>the dough into its new place.</p> <p>OR</p> <p>2) Before the service, stack a pile of pillows on a table so that it is up off the ground by a couple feet. Have a kiddie pool some distance away. When you talk about the transfer of matter to smooth everything out, invite people to toss the pillows into the pool. This could be a fun way to engage children in the Gospel reading.</p>
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