

“Watch out! Don’t let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don’t let that day catch you unaware,”
 Luke 21:34 NLT

[lectio] // LUKE 21:34-22:6

listen to the text by reading out loud slowly and repeat up to 3x if desired

[meditatio]

reflect on – what word, words, phrase, or sentence speaks to you from the text, then write them down

RED LETTER words! Jesus is talking about the future and warns his disciples - WATCH OUT! For what? The DAY, THE day. How to prepare? Don’t let our heart be dulled. By what? Carousing, drunkenness and worry. KJV says, surfeiting? What is that? Eugene Peterson calls it “partying.” Then he also equates “worries” with “shopping.” There’s an anti-amazon thought! Can some level of distractions keep us from missing the things of God? Jesus says, YES they can. Of course distractions and ways of avoiding stress can cycle us into comfortable patterns of disengagement from the Kingdom of a God and the purposeful moments that God has ordained for us. With that we not only become unaware of “that” day, we become foggy about every day and miss God’s opportunities and cues to fully live as a follower and participant in his plans.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

So that’s the danger of too much self care! Caring more about disappearing, disconnecting and disengaging in life. More specifically, it pulls me away from you by withdrawing into myself. I have wanted to withdraw many times and in specific ways - some of them sinful ways. But mostly just mind-numbing ways to take a break from overwhelming pressures. I see the danger of making that into a habit. When I consistently pull in for protection and buffer stress with disengagement, I can MISS you. I miss being with the giver of life, the light of my life. I’m not talking about moments or even a day to withdraw, but not to the point of pulling away or hiding from you. YOU are not STRESS in my life, you are my life.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root