

This Day Podcast Explained

We are excited that you are interested in listening to the This Day Podcast to help keep prayer, scripture, and meditation a daily part of your life. This podcast is simple and yet there is a lot going on with it too. To help explain all the different parts of it, please read the info below.

THIS DAY: A WESLEYAN WAY OF PRAYER BOOK

The inspiration and major source for this podcast comes from Laurence Hull Stookey's book, *This Day: A Wesleyan Way of Prayer*. This book guides its readers through times of prayer, scripture reading and meditation each day of the month. This podcast is pretty much an audio version of it. Though it is not necessary as a listener, but if you would like to purchase the book and read/use it yourself, you may! You can order a copy [HERE](#).

HOW TO PARTICIPATE

The beautiful thing about this podcast is there is no wrong way to do it! You can listen to it anytime of the day (early morning, before bed, etc.). You can listen to it anywhere (on a walk, on your drive to work, in a quiet place, etc.) You can follow along with your own Bible or just listen. If you want to participate every day, you can go back and listen to an episode you missed, or you can just pick up the next day and move forward. It is up to you! Experiment and find out what helps you become more focused.

DIFFERENT SECTIONS OF THE PODCAST

DAILY THEME – Each day of the month has a theme assigned to it, which means there are potentially 31 different themes you will hear in some months. These themes represent important aspects of our faith and help us reflect on how they relate to our everyday lives. The daily themes include topics like the Holy Trinity, God's grace, the Fruit of the Spirit, the Beatitudes, what it means to be the church, and more. The repetition of hearing these themes each month is intentionally done to remind us of their importance. Each day will have an explanation of the theme and verses and a psalm related to it.

OPENING PRAYER & PRAYER OF ILLUMINATION – These are prayers that fit the daily theme and also prepare your heart for a time of meditation and reading scripture.

TIME OF CENTERING – This is a minute of silence following the explanation of the daily theme and the opening prayer. During this time, you are encouraged to take deep breaths (example: inhale for 5 seconds, hold for 5 seconds, exhale for 5 seconds, repeat...) and reflect on either the theme of the day or whatever may be on your mind. Repeating a mantra out loud or in your head can be helpful too.

PSALM READING – Psalms will fit with the daily theme and will include brief moments of silence between each verse. During these breaks, you are encouraged to take a deep breath and reflect on the verse you just heard.

SCRIPTURE READING – Passages from the bible will be read three times with a time of silence between each reading. During the time of silence, listeners are encouraged to reflect on what stood out to them from the Bible reading they just heard. What words or phrases seem interesting? What questions do you have from hearing it? What does this passage make you think of and why is that? These Bible passages are not necessarily designed to match up with the theme of the day, but often you will be surprised by how often they do seem to sync up. Whether they do or not, perhaps the theme can still guide you to think of the passage in a new way.

DAY OF THE WEEK PRAYER – Each day of the week will have a special prayer. These are repeated each week and are designed to help us stay focused on our relationship with God and others.

OTHER SPECIAL PRAYERS – There may be days where a special prayer is read, depending on a variety of different reasons. There are prayers for different times and events in the Christian calendar (Advent, Lent, Pentecost, etc.), during national holidays (MLK Jr. Day, Thanksgiving, etc.), and ones for events and situations that happen to us personally or around the world (disasters, deaths, injustices, etc.).