

Audio Divina



Praying with Song
during
Holy Week and
the Easter Season



Your sound. Inspired.

As we anxiously await the full reopening of our churches when all can gather (and sing!), you may be looking for a new way to keep our most sacred seasons at home. As a source of prayerful inspiration, we offer this guide for Audio Divina (Divine Listening) , a way to utilize music for prayer and meditation.

This packet includes a step-by-step guide for creating a time of meditation at rest or a walking meditation using Audio Divina. Additionally, we offer suggestions for using Audio Divina with a small group such as members of your family.

We have also included prayers for Holy Week and the Easter Season taken from Marion van der Loo's ***Psalms from the Heart: Prayers for the Times and Seasons of Faith*** (001749) from the WLP *Pray Today* series.

Finally, we offer music suggestions for both Holy Week and Easter Audio Divina. Selected from the GIA and WLP libraries, all of the music can be purchased/downloaded at **giamusic.com** and many pieces are available on Spotify.

May this music allow you to experience the beauty of these sacred seasons in a new and profound way.

May God bless and keep you until we can sing together again!

–Your friends at GIA Publications, Inc.



Audio Divina At Rest

- Choose the piece of music you wish to use (see suggestions below).
- Find a quiet place to sit comfortably and settle in.
- Take several slow, deep, centering breaths to bring yourself into a more prayerful state.
- Listen to the selection, paying close attention to the words or following along with a lyric sheet or piece of music. (GIA offers preview images of music on our website.)
- Choose a phrase or phrases that resonate with you and take a moment to repeat them silently to yourself. Use your breath to pace the words.
- Listen a second time, focusing on the feel of the music and the imagery that it brings, perhaps imagery associated with the phrase you chose.
- Listen a third time if possible, taking in the whole piece but connecting especially with the phrases you chose.
- Sit in silence. Let the thoughts and feelings that the music has inspired wash through you. How is God speaking to you through the music you chose to pray with today?
- If you keep a journal, write your thoughts or feelings now, perhaps expressing gratitude for this quiet time with God. If not, close your session with a short prayer (see suggestions below).



Audio Divina Walking Meditation

- Choose the piece of music you wish to use (see below for suggestions).
- Begin walking at a comfortable pace. This is a meditative walk, not a workout.
- Take several slow, deep, centering breaths to bring yourself into a more prayerful state.
- Listen to the selection, pacing your stride to the tempo of the music. Allow the music to help you find a rhythm and moving meditative state.
- Listen a second time, paying close attention to the words.
- Choose a phrase or phrases that resonate with you and take a moment to repeat them silently to yourself. Use your breath and your walking tempo to pace the words.
- Listen a third time if possible, taking in the whole piece but connecting especially with the phrases you chose.
- Finish your walk and take a few moments to sit in silence. Let the thoughts and feelings that the music has inspired wash through you. How is God speaking to you through the music you chose to pray with today?
- End your session with your own short prayer or use one of the suggested prayers below.



Audio Divina with a Small Group

- Choose the piece of music you wish to use (see below for suggestions).
- Ask everyone to find a comfortable seated position.
- Welcome everyone and perhaps say a short prayer of gratitude to God for allowing you to pray together.
- Begin by encouraging everyone to take several slow, deep breaths, bringing them into a more prayerful state.
- Listen to the selection. Encourage participants to pay close attention to the words or follow along with a lyric sheet or piece of music. (GIA offers preview images of music on our website.)
- Ask participants to choose a phrase or phrases that resonate with them personally. Encourage them to take a moment to repeat the phrase silently letting their breath pace the words.
- Play the song a second time. This time, encourage the group to focus on the feel of the music and the imagery that it brings, perhaps imagery associated with a chosen phrase.
- Listen a third time if possible, just allowing everyone to take in the piece as a whole and connecting once again with the phrases they chose.
- Ask the group, "How is God speaking to you through the music we chose to pray with today?" Then allow for a few minutes of silent reflection.
- Invite participants to share any thoughts or feelings they have about the music or text.
- Close the session with a short prayer (see suggestions below).



Prayer Suggestions

Holy Week

A Psalm for Holy Week

Lord, you said you came to bring us joy,
and then you
wept and shouted,
groaned and died.

Your dance in the morning
became a dirge at day's end.

What song can I sing to celebrate?
You created the music of the spheres—
teach me a song!

I will sing a song of hope—
your fear for my assurance.
I will sing a song of banquet—
your body for my soul.
I will sing a song of resurrection—
your death for my life.

With the steady cadence of your sacrifice,
you turn my mourning into melody,

You who are the music.

A Psalm for Good Friday

The world groans
Under the weight of
its guilt, O God—
Cold winds whining through trees
struggling to bud.

This day your Son
was crucified.
This day the sings of
the world
were laid on him.
This day my sin
is laid on him.

This day, while birds
on thrashing limbs
chirp their hopeful lays,
My heart remembers
what you did,
and why
and I cannot sing.



Easter

Holy Light, Life Renewed

O Holy Light!
O Life renewed!
O Savior
 risen from the tomb!

I worship you,
I pray to you,
I sing your praise
 and find my faith renewed.

The price you paid,
The gift you gave,
The utter mystery
 is far beyond my ken.

But you are there,
And I am here,
And life is mine
 through gifts I don't deserve.

So light and life,
And faith and joy,
And heavenly hope,
 I grasp with grateful heart;

And I await that glorious time,
When I'm baptized anew
And find myself in blissful peace,
 risen through you,
 alive with you,
 singing to you.

To the Risen Christ

O Risen Christ,

Open my eyes
To the multitudes
 who bow before your throne.

Open my ears
To the countless throngs
 who sing songs of new life in you.

Open my heart
To those who, rank on rank,
 confess your name.

Open my mouth
To blend my voice with
 cherubim and seraphim.

O Risen Christ,

Let eyes and ears
And heart and voice proclaim
 that you are Lord,
 that you are Love,
 that you are Life,

That you alone are
 my Resurrection hope.



Music Suggestions

Holy Week

I Shall Live: Ritual Music for the Paschal Triduum

Tony Alonso (008463-CD, also available on Spotify)

Cantemos al Señor / Let Us Sing to the Lord

Tony Alonso and Michael Mahler (CD-560)

Were You There?

Carla Giomo (CD-544)

That You May Have Life

Marty Haugen (CD-622)

Easter

Easter in Ireland

Steven C. Warner (CD-1072, available on Spotify 4/1/21)

Chants of Easter – Gregorian Chant

(CD-984, also available on Spotify)