

# Inner Studios: Your Labor is Not in Vain

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## An Audio Divina

This Audio Divina exercise (sacred listening) is centered around the song Your Labor is Not in Vain by The Porter's Gate, Paul Zach. This exercise can be used as an individual reflection or with a small group. The framework can also be used with other songs.

### Tips:

- You will be listening to the song 3 times.
- Read through the following directions so you have a general idea of the flow of the exercise.
- Play the music loud enough that you do not hear other noises.
- You do not have to use all the questions in each section.
- Stay curious. Try not to judge yourself or how you are “doing” in the exercise. Just let your experience be your experience.

## To begin, cue up the song

If you've opened this document on a computer device you can click [here](#) to open the Spotify playlist where the song is included.

The song can also be listened to through The Porter's Gate website in the Work Songs album. <https://www.theportersgate.com/>

## When ready

Settle into your chair and get comfortable. Close your eyes and breathe deeply a few times, try to release any tension as you breathe out.

## First Hearing: Listen with your body

Play the Song. Listen to the music, feel the rhythm, enter into the song and let it fill you. Simply experience the song and pay attention to what happens in your body. Notice if there is a particular place in the song, or one aspect of the song that evokes something in your body. Let yourself notice what you notice without judgement.

*Spend a few moments in silence at the end of the song.*

## Second Hearing: Listen with your mind

Play the song a second time. Notice is there is one aspect of the song that draws your interest. It may be a word, a phrase, a perspective, a musical pattern. What are you curious about?

*Remain silent for a few moments after the song ends. Then Ask this question:* What are you aware of in yourself that needs or would benefit from the thing that drew your attention?

## Third Hearing: Listen with your heart

Listen to the song a third time, with your heart. Put yourself in the story of the song and open yourself to its message. Notice the feelings the song evokes – without judgement.

## Resting with God

After the third time through the song, simply sit in God's presence and hold the experience you've had before Him. Let it be. Notice how God's voice may be present? Notice the presence of your own voice in this process. Say anything to God that you want to say. Take any notes you want to capture.

## If experiencing this with others

Give time for each person to share their experience.

## In Closing, (check-out)

How do you want to respond? (Vary this question if another one is more aligned with the experience people have just had.)

# Lyrics for Your Labor is Not in Vain

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Your labor is not in vain  
Though the ground underneath you is cursed and stained  
Your planting and reaping are never the same  
Your labor is not in vain  
Your labor is not unknown  
Though the rocks they cry out and the sea it may groan  
The place of your toil may not seem like a home  
But Your labor is not unknown  
I am with you, I am with you  
I am with you, I am with you  
For I have called you, called you by name  
Your labor is not in vain  
The vineyards you plant will bear fruit  
The fields will sing out and rejoice with the truth  
For all that is old will at last be made new  
The vineyards you plant will bear fruit  
I am with you, I am with you  
I am with you, I am with you  
For I have called you, called you by name  
Your labor is not in vain  
The houses you labored to build  
Will finally with laughter and joy be filled  
The serpent that hurts and destroys will be killed  
And all that is broken be healed  
I am with you, I am with you  
I am with you, I am with you  
For I have called you, called you by name  
Your labor is not in vain  
I am with you, oh I am with you  
Oh I am with you, oh I am with you  
For I have called you, called you by name  
Your labor is not in vain