

# Inner Studios: Audio Divina ~ Wake Up, Jesus

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This Audio Divina exercise is centered around the song Wake Up, Jesus by The Porter's Gate, Liz Vice. The song is inspired by the story of Jesus and his disciples in a boat during a scary storm. Jesus is asleep while the wind and waves are howling around them and the disciples are understandably concerned.

## To begin,

Cue up the song by clicking the link on the Inner Studio's website.

- Or 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.  
<https://www.theportersgate.com/>

You will be listening to the song 3 times.

## Tips:

- 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.

## 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

Play the Song. Listen to the music, feel the rhythm, enter into the song and let it fill you. Notice if there is one aspect of the song that stands out to you. It may be a word or phrase. It may be an idea. It may be an instrument or musical pattern. It may be something else. Let yourself notice what you notice without judgement.

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

## Second Hearing: Reflect

Play the song a second time. Now allow the part of the song that drew your attention during the first listening to draw you more deeply into the experience. Imagine what it is like to be in the scene. What are you aware of? Notice the music flowing through you and what is being evoked in you?

*Remain silent for a few moments after the song ends.*

## Third Hearing: Respond

Play the song for a third time. This time pay attention to how your heart wants to respond to what is being evoked in you. What do you want to express? To God? To Jesus? Express this with your voice, or in writing, or with your body.

## 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.

How has God been speaking to you in through this music? How has your own voice been present?

Give thanks for anything about this experience for which you are grateful. Be compassionate with yourself about anything that is unresolved. Don't rush to resolve.

## In Closing

Take any notes you want to capture.

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## Lyrics

[Verse]

*Jesus, when you gonna wake up?*

*When you gonna wake up and calm this raging sea?*

*Jesus, when you gonna wake up?*

*When you gonna wake up?*

*How can you sleep when we're in need?*

[Chorus]

*Just one word from the Maker and all the waves be made still*

*Just one touch from the Healer and all will be made well*

*Repeat verse and Chorus*

[Outro]

*So won't you rise up?*

*Won't you rise up?*

*Won't you rise up?*

*Won't you rise up?*

*Won't you rise up?*

