

Lectio Divina – I am going to send my messenger before you.



Lectio Divina – Listening to God’s Word with our hearts

“And the word was made flesh and dwelt amongst us”

In Imaginative Contemplation we pray with the Scriptures, allowing Christ in the Scriptures to speak to us through our imagination. In Lectio Divina we pray with the Scriptures by dwelling on God’s word by listening with our heart. In Imaginative Contemplation, Jesus’ words, actions, teaching and relationships with people become familiar to us when we enter into the Scripture passage using our imagination. In Lectio Divina, God’s word becomes familiar to us by listening with our hearts and dwelling on His words. Listening with our hearts is something we do automatically in everyday life when we for example dwell on the beauty of nature or listening to someone we love or recall a poignant memory.

Lectio Divina or divine reading has four parts: reading, repeating, responding and resting.

Reading: Begin by reading the Scripture Passage slowly until a word or a phrase resonates with you. Then stop for the moment.

Repeating: Dwell on the words you have chosen. Repeat them again and again as though God is saying them to you. Try not to analyse them, just let them speak to you. Savour the words.

Responding: Allow God's heart to speak to your heart. He wants to be close to you so ask yourself what this invitation could mean. Speak to God with your heart. Be open to what he is trying to reveal to you. Share with God whatever is coming into your heart and mind.

Resting: Rest in the embrace and love of God. It is God's response to us. Your whole being is focussed on God so dwell in the moment. When you feel ready, move on.

As you listen to the following passage, note which parts move you but don't analyse anything. Then when you are ready, **read, repeat, respond** and **rest** and when you have dwelt on the words that initially resonated with you, continue on reading the passage and repeat the process.

Prayer

We acknowledge we are in the presence of God so let us say:

Direct O Lord and guide and influence all that is happening in my mind and heart during this time of prayer: all my moods and feelings, my memories and imaginings; my hopes and desires; may all be directed and influenced to your greater glory, praise and service and to my growth in your Spirit.
Amen

Let us pray that during this Advent Season we keep our focus on Christ. by preparing a way for Christ's coming and bear witness to his presence among us.

Reading Mark 1:1-8

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah: Look, I am going to send my messenger before you; he will prepare your way.

A voice cries in the wilderness: Prepare a way for the Lord, make his paths straight, and so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins.

All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins.

John wore a garment of camel-skin, and he lived on locusts and wild honey. In the course of his preaching he said, 'Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.'

Questions for Reflection

As you slowly read this Gospel passage allow the words to soak into your mind. You may want to ponder the advent wreath at the top of the page or perhaps light your own Advent candle as you reflect on the passage. You may also want to ponder on the words of Pope Francis who tells us on this second Sunday of Advent: 'the liturgy indicates that it is a time to recognize the shortcomings in our life, to smooth out the roughness of pride and to make room for Jesus who comes

1. What is this passage saying to you?
2. What word(s), sentence or phrase in this Gospel passage most caught your attention; most touched your heart; most challenged you; most comforted you? Is there anything in this passage that you found uncomfortable?
3. What can you do this week to 'prepare a way for the Lord?' In what ways can you be a messenger and help others encounter Christ during Advent? Who have been the messengers in your life that have helped you encounter Christ?
4. In what ways during this Advent might you be called to be that "voice in the wilderness" bringing hope and peace to those in need? In what ways do you think you can do this?
5. In what ways during this Advent season might you reflect on your shortcomings and ask for the grace of God to do better?
6. In what events in your life have you been made aware of God's Majesty and power? How did it make you feel?

Let us now spend 10 minutes reading, repeating, responding and resting and then share what we thought, felt etc. only if you are comfortable to do so.

End Prayer Suscipe of St. Ignatius of Loyola

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,

All I have and call my own.

You have given all to me.

To you, Lord, I return it.

Everything is yours; do with it what you will.

Give me only your love and your grace,
that is enough for me.

Scripture texts: from the Jerusalem Bible 1966 by Dartington Longman & Todd Ltd and Doubleday and Company Ltd