

Lectio Divina – Come and see



St John the Baptist showing Christ to St. Andrew' by Ottavio Vannini'

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 the Spirit enter our hearts and enlighten our minds so that we too have the eyes to see Jesus as he passes by and the courage to accept his invitation to "Come and see".

Reading John 1:35-42

As John stood there again with two of his disciples, Jesus passed, and John stared hard at him and said, 'Look, there is the lamb of God'. Hearing this, the two disciples followed Jesus. Jesus turned round, saw them following and said, 'What do you want?' They answered, 'Rabbi,' - which means Teacher - 'where do you live?' 'Come and see' he replied; so they went and saw where he lived, and stayed with him the rest of that day. It was about the tenth hour.

One of these two who became followers of Jesus after hearing what John had said was Andrew, the brother of Simon Peter. Early next morning, Andrew met his brother and said to him, 'We have found the Messiah' - which means the Christ - and he took Simon to Jesus. Jesus looked hard at him and said, 'You are Simon son of John; you are to be called Cephas' - meaning Rock.

Questions for Reflection

As you slowly read this Gospel passage allow the encounter between Jesus and the two disciples to soak into your mind. You may want to ponder on the painting at the top of the page of the John the Baptist pointing out The Lamb of God to his two disciples.

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. John stared hard at him and said, 'Look, there is the Lamb of God'. Who has pointed out the presence of Jesus to you in this past week? How can you be more attentive to seeing Jesus in the people you encounter each day?
4. Jesus turned round, saw them following and said, 'What do you want?' Do you hear Jesus asking you this same question? What do you reply? Do you, like the two disciples accept Jesus' invitation to "come and see"?
5. So they went and saw where he lived, and stayed with him the rest of that day. When do you spend time with Jesus? What do you talk to him about?
6. Early next morning, Andrew met his brother and said to him, 'We have found the Messiah' - which means the Christ - and he took Simon to Jesus. Can you remember a time when you have encountered Jesus through the enthusiasm and kindness of someone? When was the last time you introduced someone to Jesus by sharing you faith with them? How did they respond?

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
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