

Lectio Divina – Unless a wheat grain falls on the ground and dies



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 can learn to see Jesus, the Jesus who let go of everything for us and who invites us to be with him all the way.

Reading John 12:20-33

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, 'Sir, we should like to see Jesus'. Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus.

Jesus replied to them:

'Now the hour has come for the Son of Man to be glorified.

I tell you, most solemnly,

unless a wheat grain falls on the ground and dies,

it remains only a single grain;

but if it dies, it yields a rich harvest.

Anyone who loves his life loses it;

anyone who hates his life in this world

will keep it for the eternal life.

If a man serves me, he must follow me,

wherever I am, my servant will be there too.

If anyone serves me, my Father will honour him.

Now my soul is troubled.

What shall I say:

Father, save me from this hour?

But it was for this very reason that I have come to this hour.

Father, glorify your name!

People standing by, who heard this, said it was a clap of thunder; others said, 'It was an angel speaking to him'.

Jesus answered, 'It was not for my sake that this voice came, but for yours.

'Now sentence is being passed on this world;

now the prince of this world is to be overthrown.

And when I am lifted up from the earth,

I shall draw all men to myself.'

By these words he indicated the kind of death he would die.

Questions for Reflection

As you slowly read this Gospel passage, allow the words of this Gospel Passage to soak into your mind. You may want to light a candle to help you ponder the passage or reflect on the words of Pope Francis below.

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 or even distressing?
3. Some Greeks approached Phillip and requested to see Jesus. Is there anyone in your life who might be asking you to introduce them to Jesus? Would you like to get to know Jesus better? Is there anyone who can help you do this?
4. The hour has come for the Son of Man to be glorified. In what ways is your Lenten Journey preparing you for Easter Sunday, for Jesus' Resurrection from the dead? In what ways are you giving glory to God by your Lenten Journey?
5. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. How do the disordered attachments distract you from your love for God? In what ways do you need to die to yourself so that you can live in accordance with God's will?
6. Now my soul is troubled. Recall a time when your soul was troubled? What did you do? Did you follow Jesus' example by "letting go and letting God".

Pope Francis tells us:

Today many people, often without saying so, implicitly would like to “see Jesus”, to meet him, to know him. This is how we understand the great responsibility we Christians and of our communities have. We too must respond with the witness of a life that is given in service, a life that takes upon itself the style of God – closeness, compassion and tenderness – and is given in service.

It means sowing seeds of love, not with fleeting words but through concrete, simple and courageous examples, not with theoretical condemnations, but with gestures of love. Then the Lord, with his grace, makes us bear fruit, even when the soil is dry due to misunderstandings, difficulty or persecution, or claims of legalism or clerical moralism. This is barren soil. Precisely then, in trials and in solitude, while the seed is dying, that is the moment in which life blossoms, to bear ripe fruit in due time. It is in this intertwining of death and life that we can experience the joy and true fruitfulness of love, which always, I repeat, is given in God’s style: closeness, compassion, tenderness.

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.