

Lectio Divina – I am the Good Shepherd



Eastern Orthodox Icon (Taken from the World Wide Web)

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 guide our hearts and enlighten our minds as we read the Gospel and reflect on what it means to envisage Jesus as a shepherd and hear his voice.

Reading John 10:11-18

I am the good shepherd:
the good shepherd is one who lays down his life for his sheep.
The hired man, since he is not the shepherd
and the sheep do not belong to him,
abandons the sheep and runs away
as soon as he sees a wolf coming,
and then the wolf attacks and scatters the sheep;
this is because he is only a hired man
and has no concern for the sheep.

I am the good shepherd;
I know my own and my own know me,
just as the Father knows me
and I know the Father;
and I lay down my life for my sheep.
And there are other sheep I have
that are not of this fold,
and these I have to lead as well.
They too will listen to my voice,
and there will be only one flock,
and one shepherd.
The Father loves me,
because I lay down my life
in order to take it up again.
No one takes it from me;
I lay it down of my own free will,
and as it is in my power to lay it down,
so it is in my power to take it up again;
and this is the command I have been given by my Father.'

Questions for Reflection

As you slowly read this Gospel passage, allow its words to soak into your mind. You may want to light a candle to help you ponder the passage, reflect on the image above or 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?
3. I am the good shepherd: the good shepherd is one who lays down his life for his sheep. Do you regard Jesus as your shepherd? Have you ever experienced him guiding you? What qualities do you need to be a good shepherd?
4. A hired man has no concern for the sheep. Have you ever had experience of being deceived by a false shepherd? How did you know that this was a false shepherd and how did you overcome the deceit?
5. 'I know my own and my own know me. In what ways does Jesus, the, Good Shepherd, make himself known to you? How do others know that you belong to his flock?

6. There are other sheep I have that are not of this fold, and these I have to lead as well. They too will listen to my voice. How do you treat others who do not belong to your fold? Do you try to be inclusive and invite them into your community?

Pope Francis tells us:

Jesus the Good Shepherd defends, knows, and above all loves his sheep. And this is why he gives his life for them (cf Jn 10:15). Love for his sheep, that is, for each one of us, leads him to die on the cross because this is the Father's will — that no one should be lost. Christ's love is not selective; it embraces everyone. He himself reminds us of this in today's Gospel when he says: "And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd" (Jn 10:16). These words testify to his universal concern: He is everyone's shepherd. Jesus wants everyone to be able to receive the Father's love and encounter God.

And the Church is called to carry on this mission of Christ. Aside from those who participate in our communities, there are many people, the majority, who do so only at particular moments or never. But this does not mean they are not God's children: the Father entrusts everyone to Jesus the Good Shepherd, who gave his life for everyone.

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.