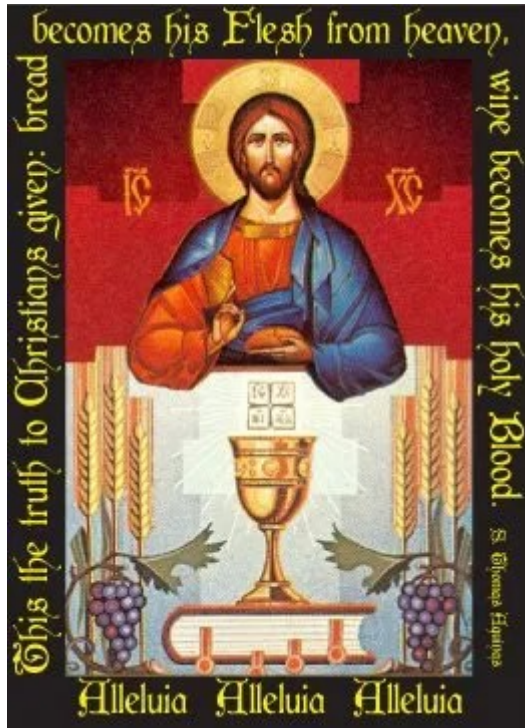


Lectio Divina – This is my Body



(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 enter our hearts and minds as we are invited to reflect on the great gift Jesus has given us in the Eucharist, the gift of his own Body and Blood which is Spiritual food for our journey.

Reading Mark 14:12-16.22-26

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, "Where do you want us to go and make the preparations for you to eat the Passover?" So he sent two of his disciples, saying to them, "Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, 'The Master says: Where is my dining room in which I can eat the Passover with my Disciples?' He will show you a large upper room furnished with Couches, all prepared. Make the preparations for us there." The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them, "Take it," he said "this is my body." Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, "This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God."

After psalms had been sung they left for the Mount of Olives.

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. *"Go into the city and you will meet a man carrying a pitcher of water."* Have you ever met someone who helped you grow in faith? Do you tend to see Christ working in those you meet?
4. *'Follow him'* Have you ever followed Jesus' instructions unquestioningly? Where did it lead you? What leads you astray from following these instructions?
5. *"Make the preparations for us there"*. Recall a time when you had a shared meal with family and friends. Ponder on the love and hospitality shown to you and others around the table.
6. *'This is my body. ...This is my blood'*. When you hear these words at Mass, what goes through your mind? Eucharist means thanksgiving. How do you express your gratitude to Jesus for the gift of his Body and Blood, nourishment for our spiritual journey?

Pope Francis tells us:

The Eucharist is the memorial of God's love. There, "Christ's sufferings are remembered" and we recall God's love for us, which gives us strength and support on our journey. This is why the Eucharistic commemoration does us so much good: it is not an abstract, cold and superficial memory, but a living remembrance that comforts us with God's love. The Eucharist is flavoured with Jesus' words and deeds, the taste of his Passion, the

fragrance of his Spirit. When we receive it, our hearts are overcome with the certainty of Jesus' love.

The Eucharist also reminds us that we are not isolated individuals, but one body. The Eucharist is not a sacrament "for me"; it is the sacrament of the many, who form one body. Saint Paul reminded us of this: "Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Cor 10:17). The Eucharist is the sacrament of unity.

Let us now spend 10 minutes in silence 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.