

## Lectio Divina – This is what the Kingdom of God is like



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 to help us discern where the Kingdom of God is flourishing in our own lives and where the seeds are taking root.

## **Reading      Mark:4:26-34**

Jesus said, 'This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come.'

He also said, 'What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.'

Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

## 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. *“A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know.* Have you ever grown plants from seed and marvelled at the mystery of growth? Where do you recognise these stages of growth in your life? In what ways can you let God work in you instead of relying on your own efforts?
4. *‘Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear’.* What fruits have you harvested? Do these fruits bring nourishment to your community?
5. *“The Kingdom of God is like a mustard seed’.* Where have you seen small seeds sprouting in unexpected ways in unexpected places and in unexpected individuals? Where have you seen seeds flourish from small beginnings? Where in your life can you put out your branches so that you can be more welcoming and inclusive.
6. *‘He explained everything to his disciples when they were alone’.* Who have been the best teachers in your life of faith? Who do you turn to when you want answers regarding matters of faith and spirituality?

## Pope Francis tells us:

An important lesson comes to us from these two parables: God’s Kingdom requires our cooperation, but it is above all the initiative and gift of the Lord. Our weak effort, seemingly small before the complexity of the problems of the world, when integrated with God’s effort, fears no difficulty. The victory of the Lord is certain: his love will make every seed of goodness present on the ground sprout and grow. This opens us up to trust and hope, despite the tragedies, the injustices, the sufferings that we encounter. The seed of goodness and peace sprouts and develops, because the merciful love of God makes it ripen.

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.