

Lectio Divina: Who do you say I am?



Image 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:** Be like Mary and “ponder these things in your heart”. 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 reflect on who Jesus is for me and what I must do to be one of his disciples.

Reading Mark 8:27- 35

Jesus and his disciples left for the villages round Caesarea Philippi. On the way he put this question to his disciples, 'Who do people say I am?' And they told him. 'John the Baptist,' they said 'others Elijah; others again, one of the prophets.' 'But you,' he asked 'who do you say I am?' Peter spoke up and said to him, 'You are the Christ'. And he gave them strict orders not to tell anyone about him.

And he began to teach them that the Son of Man was destined to suffer grievously, to be rejected by the elders and the chief priests and the scribes, and to be put to death, and after three days to rise again; and he

said all this quite openly. Then, taking him aside, Peter started to remonstrate with him. But, turning and seeing his disciples, he rebuked Peter and said to him, 'Get behind me, Satan! Because the way you think is not God's way but man's.'

He called the people and his disciples to him and said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it.'

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. '*Who do people say I am?*' In your daily encounters, what is the most common image people have of Jesus? Who is Jesus for you? Has your image of Jesus changed over the years?
4. '*He said all this quite openly.*' Do you live and proclaim your faith openly? Do you speak about your faith with those you encounter?
5. '*Peter started to remonstrate with him.*' Can you remember a time when you tried to persuade someone to take a different course of action but the person could not be dissuaded? Do you sometimes feel that you know better?
6. '*If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me.*' What cross are you carrying now? How can carrying this cross help you to grow in your relationship with Jesus?

Pope Francis tells us:

Brothers and sisters, the profession of faith in Jesus Christ cannot stop at words, but calls to be authenticated by practical choices and gestures, by a life characterized by God's love; it calls for a great life, a life with an abundance of love for neighbour. Jesus tells us that to follow him, to be his

disciples, we must deny ourselves (cf. v. 34), that is, the demands of our own selfish pride, and take up our own cross. Then he gives everyone a fundamental rule. And what is this rule? "For whoever would save his life will lose it" (v. 35). Often in life, for many reasons, we go astray, looking for happiness only in things, or in people whom we treat as things. But we find happiness only when love, true love, encounters us, surprises us, changes us. Love changes everything! And love can also change us, each one of us. The witnesses of Saints proves it.

May the Virgin Mary, who lived her faith by faithfully following her Son Jesus, help us too to walk on his path, generously spending our life for him and for our brothers and sisters.

We shall now spend 10 minutes reflecting on this scripture passage by reading, repeating, responding and resting as described above. We will 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 and Doubleday and Company Ltd.