

## Lectio Divina: Everything is possible for God



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 know the disordered attachments that keep us from putting our trust and faith in God’s goodness.

## **Reading      Mark 10:17-30**

He was setting out on a journey when a man ran up, knelt before him and put this question to him, 'Good master, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.' And he said to him, 'Master, I have kept all these from my earliest days'. Jesus looked

steadily at him and loved him, and he said, 'There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.' But his face fell at these words and he went away sad, for he was a man of great wealth.

Jesus looked round and said to his disciples, 'How hard it is for those who have riches to enter the kingdom of God!' The disciples were astounded by these words, but Jesus insisted, 'My children,' he said to them 'how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.' They were more astonished than ever. 'In that case' they said to one another 'who can be saved?' Jesus gazed at them. 'For men' he said 'it is impossible, but not for God: because everything is possible for God.'

Peter took this up. 'What about us?' he asked him. 'We have left everything and followed you.' Jesus said, 'I tell you solemnly, there is no one who has left house, brothers, sisters, father, children or land for my sake and for the sake of the gospel who will not be repaid a hundred times over, houses, brothers, sisters, mothers, children and land - not without persecutions - now in this present time and, in the world to come, eternal life.

### **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. *"Jesus looked steadily at him and loved him"* When have you felt Jesus' loving gaze on you? Do you ever feel that despite all your faults and failings that Jesus still loves and understands you?
4. *"There is one thing you lack. Go and sell everything you own and give the money to the poor"* What is the thing you lack? What does Jesus tell you about the cost of being his disciple? What are the disordered attachments that are keeping you from being free to serve God and follow Jesus? Do you know someone who has abandoned everything for the sake of the kingdom?

5. *'Peter took this up. 'What about us?' he asked him. 'We have left everything and followed you.'* What have you left behind to be a disciple of Jesus? What blessings has this brought you?

### **Pope Francis tells us:**

Dear brothers and sisters, a faith without giving, a faith without gratuitousness is an incomplete faith. It is a weak faith, a faith that is ill. We could compare it to rich and nourishing food that nonetheless lacks flavour, or a more or less well-played game, but without a goal: no, it isn't good, it lacks "salt". A faith without giving, without gratuitousness, without works of charity, makes us sad in the end: just like that man who returned home "sorrowful" with a fallen countenance, even though he had been looked upon with love by Jesus in person. Today we can ask ourselves: "At what point is my faith? Do I experience it as something mechanical, like a relationship of duty or interest with God? Do I remember to nourish it by letting myself be looked at and loved by Jesus"? Letting oneself be gazed at and loved by Jesus; letting Jesus look at us, love us. "And, attracted by him, do I respond freely, with generosity, with all my heart?".

May the Virgin Mary, who said a total "yes" to God, a "yes" without "but" — it is not easy to say "yes" without "but": Our Lady did just that, a "yes" without a "but" — let us savour the beauty of making life a gift.

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.