

## Lectio Divina: We have come to Worship Him



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 to the fact that we, like Jesus belong to a family and like Jesus are called to serve not only our immediate family but also a wider family.

### **Reading      Matthew 2:1-12**

Now after Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the east came to Jerusalem, saying, ‘Where is he who has been born king of the Jews? For we saw his star when it rose and have come to worship him.’ When Herod the king heard this, he was troubled, and all Jerusalem with him; and assembling all the chief priests and scribes of the people, he enquired of them where the Christ was to be born. They told him, ‘In Bethlehem of Judea, for so it is written by the prophet:

“And you, O Bethlehem, in the land of Judah,  
are by no means least among the rulers of Judah;  
for from you shall come a ruler  
who will shepherd my people Israel.”

Then Herod summoned the wise men secretly and ascertained from them what time the star had appeared. And he sent them to Bethlehem, saying, 'Go and search diligently for the child, and when you have found him, bring me word, that I too may come and worship him.' After listening to the king, they went on their way. And behold, the star that they had seen when it rose went before them until it came to rest over the place where the child was. When they saw the star, they rejoiced exceedingly with great joy. And going into the house, they saw the child with Mary his mother, and they fell down and worshipped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way.

### 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. *'For we saw his star when it rose and have come to worship him.'* Have you ever gone out of your comfort zone to undertake a journey of faith in search of Jesus? What sign showed you the way? How did you express your praise and thanksgiving to Jesus once you found him?
4. *'Assembling all the chief priests and scribes of the people, Herod enquired of them where the Christ was to be born.'* Who has helped you to find Jesus? Did God use people to guide you whom you didn't expect?
5. *'And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah.'* Who are the least in your community? In this New Year, what ways can you reach out to those in the margins of your community?
6. *'Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh'* What gifts can you offer Jesus? What gifts can you offer those you encounter to help them on their journey?

7. “*They departed to their own country by another way*”. Have you changed direction after your encounter with Jesus? How did it make you feel?

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

The wise men entered into the mystery. They passed from human calculations to the mystery: this was their conversion. And our own? Let us ask the Lord to let us undergo that same journey of conversion experienced by the wise men. Let us ask him to protect us and to set us free from the temptations which hide the star. To let us always feel the troubling question: “Where is the star?”, whenever – amid the deceptions of this world – we lose sight of it. To let us know ever anew God’s mystery, and not to be scandalized by the “sign”, that sign spoken of by the angels, which points to “a babe wrapped in swaddling cloths, lying in a manger” (Lk 2:12), and to have the humility to ask the Mother, our Mother, to show him to us. To find the courage to be liberated from our illusions, our presumptions, our “lights”, and to seek this courage in the humility of faith and in this way to encounter the Light, Lumen, like the holy wise men. May we enter into the mystery. So may it be. Amen.

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.