

## **Lectio Divina:      We have seen the Lord**



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 guide and enlighten our minds as we read the Gospel and reflect on what it means to have Jesus appear in our midst. Let the Spirit enter you so that you too can see and hear the risen Lord.

## **Reading      John 20: 19-31**

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, ‘Peace be with you.’ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, ‘Peace be with you. As the Father has sent me, even so I am sending you.’ And when he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.’

Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, ‘We have seen the Lord’. But he said to them, ‘Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.’

Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, 'Peace be with you.' Then he said to Thomas, 'Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe.' Thomas answered him, 'My Lord and my God!' Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.'

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

### 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. You might want to imagine you are locked in the upper room with the disciples.

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 or startling?
3. *'The doors were locked for fear of the Jews.'* Who or what have you shut out of your life? Who or what do you fear?
4. *'The disciples were glad when they saw the Lord'* How can you share your gladness and joy with the people you encounter each day?
5. *'As the Father has sent me, even so I am sending you.'* How do you discern God's mission for you? What do you think you are being sent to do? Where in your mission does the Holy Spirit play a part?
6. *'We have seen the Lord'.* When have you experienced the action of God in your every day life? How did you respond?
7. *'Do not disbelieve, but believe.'* When in your life do you find it hard to believe? Have your doubts ever intensified your faith making you proclaim "My Lord and my God?"

## **Pope Francis tells us:**

In today's Gospel, the Apostle Thomas personally experiences this mercy of God, which has a concrete face, the face of Jesus, the risen Jesus. Thomas does not believe it when the other Apostles tell him: "We have seen the Lord". It isn't enough for him that Jesus had foretold it, promised it: "On the third day I will rise". He wants to see, he wants to put his hand in the place of the nails and in Jesus' side. And how does Jesus react? With patience: Jesus does not abandon Thomas in his stubborn unbelief; he gives him a week's time, he does not close the door, he waits. And Thomas acknowledges his own poverty, his little faith. "My Lord and my God!": with this simple yet faith-filled invocation, he responds to Jesus' patience. He lets himself be enveloped by divine mercy; he sees it before his eyes, in the wounds of Christ's hands and feet and in his open side, and he discovers trust: he is a new man, no longer an unbeliever, but a believer.

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.