

## **Lectio Divina: Follow Me!**

### **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 the Risen Lord in our life asking us “Do you love me”.

### **Reading      John 21:1-19**

At that time: Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way. Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. Simon Peter said to them, ‘I am going fishing.’ They said to him, ‘We will go with you.’ They went out and got into the boat, but that night they caught nothing.

Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. Jesus said to them, ‘Children, do you have any fish?’ They answered him, ‘No.’ He said to them, ‘Cast the net on the right side of the boat, and you will find some.’ So they cast it, and now they were not able to haul it in, because of the quantity of fish. That disciple whom Jesus loved therefore said to Peter, ‘It is the Lord!’ When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea. The other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred metres off.



When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. Jesus said to them, ‘Bring some of the fish that you have just caught.’ So Simon Peter went aboard and hauled the net ashore, full of large fish, one hundred and fifty-three of them. And although there were so many, the net was not torn. Jesus said to them, ‘Come and have breakfast.’ Now none of the disciples dared ask him, ‘Who are you?’ They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love me more than these?' He said to him, 'Yes, Lord; you know that I love you.' He said to him, 'Feed my lambs.' He said to him a second time, 'Simon, son of John, do you love me?' He said to him, 'Yes, Lord; you know that I love you.' He said to him, 'Tend my sheep.' He said to him the third time, 'Simon, son of John, do you love me?' Peter was grieved because he said to him the third time, 'Do you love me?' and he said to him, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep. Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.' (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, 'Follow me.'

### 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 may want to imagine that you are at Jesus' side helping him to cook breakfast for his 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. *'They went out and got into the boat, but that night they caught nothing.'* Have there been times in your life when you went about your daily routine and nothing seemed to work? Who were the people who encouraged you to try again but in a different way? Did things take a turn for the better?
4. *'The disciples did not know that it was Jesus'.* When have you failed to recognise God's presence in your life? When have you failed to see Christ in the people around you, especially those in the margins of society?
5. *'It is the Lord!'* Do you recognise Jesus only after signs and miracles, or do you see Him in the simple acts of every day life, such as making a meal or going for a walk? How can you be more attentive to God's presence in your life?

6. *'Do you love me?'* How do you express your love for God in your daily life? What stops you from loving him fully?
7. *'Follow me.'* Where is Jesus calling you to go? What challenges do you think you might experience in following Jesus?

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

When Peter hears John cry: "It is the Lord!" (v. 7), he immediately dives into the water and swims towards Jesus. It is a gesture of love, because love goes beyond usefulness, convenience or duty; love generates wonder, it inspires creative, freely-given zeal. In this way, while John, the youngest, recognises the Lord, it is Peter, who is older, who dives towards him. In that dive is all the new-found enthusiasm of Simon Peter.

Dear brothers and sisters, today the Risen Christ invites us to a new impetus — everyone, each one of us — he invites us to dive into the good without fear of losing something, without calculating too much, without waiting for others to begin. Why? Do not wait for others, because in order to go towards Jesus, we need to go out on a limb. We need to go out on a limb with courage, resume, but to resume by going out on a limb, taking risks. Let us ask ourselves: am I capable of an outburst of generosity, or do I restrain the impulses of my heart and close myself off in routine, or in fear? Jump in, dive in. This is today's word from Jesus.

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.

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