



Lectio Divina

Friday of the 6th Week of Eastertide
22 May 2020

Introduction

Lectio Divina is a form of prayer which invites us into a deeper encounter with the Lord through Scripture. It gives us the time to listen attentively to the Word, to be sensitive to its action on our hearts, and to reflect on what is being asked of us in our daily lives. Lectio Divina allows the Lord to penetrate our hearts and to fill them with His Love. Ultimately, through this encounter we are invited into an ever-deeper relationship and union with Him.

This resource is for both personal and group use with the necessary indications provided in the text below.

To commence...

Eliminate distractions and the possibility of interruption.

*In the name of the Father, ✠
and of the Son,
and of the Holy Spirit,
Amen.*

Invocation of the Holy Spirit

V: Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

R: Send forth your Spirit, and they shall be created.
And you shall renew the face of the earth.

Act of Contrition

By acknowledging our sinfulness and admitting that by ourselves we can do nothing that is not flawed, we ask God to take the initiative in this encounter.

V: Have mercy on us, O Lord
R: For we have sinned against you.
V: Show us, O Lord, your mercy:
R: And grant us your salvation.

May almighty God have mercy on us, forgive us our sins,
and bring us to everlasting life. Amen.



The Gospel

'Your hearts will be full of joy that no-one will take from you'

The Gospel should be read slowly, meditatively, with pauses between sentences or whenever the sense requires it. When a group is doing Lectio Divina, it is usually best to take turns in reading the words of the Gospel, since for many people speaking will bring the words to mind better than hearing does.

A reading from the Holy Gospel according to Saint John (16:20-23)

Jesus said to his disciples:

'I tell you most solemnly,
you will be weeping and wailing
while the world will rejoice;
you will be sorrowful,
but your sorrow will turn to joy.

A woman in childbirth suffers,
because her time has come;

but when she has given birth to the child she forgets the suffering
in her joy that a man has been born into the world.

So it is with you: you are sad now,
but I shall see you again, and your hearts will be full of joy,
and that joy no one shall take from you.

When that day comes,
you will not ask me any questions.'

V: The Gospel of the Lord

R: Praise to you Lord Jesus Christ



The Shared Echo

For groups

When several people are doing Lectio together, then there is the opportunity for each person to share the words that have had the most impact in today's passage on them personally. This may be a single word or a short phrase. The sharing of echoes and the listening to echoes are not a discussion aiming at a conclusion, but the opening of one heart to another.

Meditatio (reflection)

This is an opportunity to go deeper with the text. Write your thoughts in the space below using the prompts provided if necessary.

What does the Gospel say to me?

- What has drawn my attention or struck me in some way?
- Why? Was it a person? A word? A situation? A gesture?
- What is God saying to me through these words, here and now, today?

For groups

After having taken the time to go deeper with the Scriptural text individually, you may now wish to share your reflections with the others members of your group for a set period of time for example 10 minutes.



Oratio (prayer)

God has spoken to me. What do I reply?

Silently, each of us responds to what God has said to him through the passage we have read and even through the echoes we have heard.

Contemplatio (contemplation)

*Sometimes we may be led beyond prayer into a quiet and attentive resting in the presence of God.
Nothing is written down here. We are resting in God's love.*

Conclusion

We prepare to return to the everyday world, carrying with us what we have received in our minds and our hearts today.

Now let us pray together in the words that Jesus gave us:

*Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.*

May the Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

In the name of the Father, ✠
and of the Son,
and of the Holy Spirit,
Amen.