

CONTEMPLATIO – CONTEMPLATION

To help us interpret the Gospel reading the Liturgy provides two further Scripture readings. Reflecting on these can both enrich our understanding of the text and bring into focus a response we may need to make to the Lord. Contemplation gives us the opportunity for an intimate time of communion with God. Be still before God and invite him in. Few words, if any, are necessary here. Enjoy time in his presence. Just be with him and let him love you. Let him refresh your soul. Review After you have finished your time of reading, meditation, prayer and contemplation you may want to jot down in a notebook any experiences or thoughts that particularly impressed you. You may find it helpful to look back at these later.

Suggested Bible readings: *These are the readings from the previous Sunday service. Why not simply use them through the week this Lent.*

w/c 12 Feb	Mark 9.2-9, Romans 11.33-12.2
w/c 19 Feb	Mark 1.9-15, 2 Timothy 1.1-14
w/c 26 Feb	Mark 8.31-end, Romans 8.28-29
w/c 5 March	Psalms 19, Matthew 18.21-35
w/c 12 March	Hosea 11.1-11, Luke 2.41-52
w/c 19 March	Psalms 51.1-13, John 12.20-33
W/c 26 March	Psalms 118.1-2, 19-end, Mark 11.1-11



*Do something new in
Lent 2018*

Lectio Divina

It can be hard to find time to speak to God when your day is full of work, family and the pressures of daily life.

Lectio Divina is a dynamic way of reading the Scriptures that has been around since AD 300. It follows a four-step approach of:

- Reading
- Meditation
- Prayer
- Contemplation

Lectio Divina invites you to savour and mull over God's words quietly, slowly and intently. It gives you the space to respond to what you feel God is saying and helps you build a vital bridge between your encounters with God and everyday life with its joys, humdrum and challenges.

LECTIO – READING

Reading the Scripture passage humbly and prayerfully is the foundation for everything else that follows and cannot be rushed. So begin with a prayer and ask the Holy Spirit to ‘lead you into all the truth’ (John 16:13). Read the passage slowly and carefully. Have a notebook and pencil ready. Underline, or make a note of, any words or phrases that stand out to you. Write down any questions that occur to you. Read the passage several times and read it aloud. Give yourself time to understand and appreciate what is being said.

MEDITATIO – MEDITATION

Meditation deepens our appreciation of the passage and helps us to explore its riches. We read in 2 Timothy 3:16 that ‘All Scripture is inspired by God and is useful for teaching the truth, rebuking error, correcting faults, and giving instructions for right living...’ So approach Scripture in faith expecting God to speak to you. He may reveal something of himself to you. He might highlight an attitude or behaviour of yours that needs to change. He might show you a promise to encourage and strengthen you.

Here are some suggested approaches you may find helpful. Use your imagination.

Picture the passage; put yourself into the scene and become part of the story. See things through the eyes of the other characters, listen to what they say, watch their reactions, imagine how they feel. Keep coming back to Jesus. Get to know him; delight

yourself and become fascinated by him, his words, his actions, the way he responds – everything about him. Ask questions.

Use your own questions and the questions given to think more deeply about the passage and what God wants to say to you. Ask Jesus why he did and said what he did. Try to understand his reasons and intentions. Allow time to be quiet, to listen and hear his answer.

Let the Word be a mirror for you. As we read the Bible it shows us more of what the Christian life looks like and where ours needs to change. We see how God’s Word applies to our daily life, as an individual, and as part of our community and society. We will find promises and encouragement, challenges and demands. If we are willing God will nurture and free us to be more fully human and fully alive.

ORATIO – PRAYER Prayer opens up a conversation between God and us. In the Psalms we see how the writers pour out their feelings to God, often mixing hopes and fears side by side. God values our honesty. We can’t hide anything from him anyway- use our own words to have a heart-to-heart conversation with a very special friend. Through prayer we make our response to the light God’s Word has shed on how we are living our lives. Now we can bring what is happening in our own life and in our community before God. We speak and listen, listen and reflect – it is a conversation with God.