

Lectio Divina: St Thomas Exeter Holy Week 2024, Some guidelines

Make sure you are sitting comfortably.

Breathe slowly and deeply.

Ask God to speak to you through the passage that you are about to read.

This is a way of praying that starts with our silence. We often make the mistake of thinking prayer is about what we say to God. It is actually the other way round. God wants to speak to us. He will do this through the Scriptures. So don't worry about what to say. Don't worry if nothing jumps out at you at first. God is patient. He will wait for the opportunity to get in. He will give you a word and lead you to understand its meaning for you today.

First two readings of the passage: Listen

As you read the passage listen for a word or phrase that attracts you. Allow it to arise from the passage as if it is God's word for you today. Sit in silence repeating the word or phrase in your head. Then say the word or phrase aloud.

Third reading of the passage: Ponder

As you read the passage again ask how this word or phrase speaks to your life and why it has connected with you. Ponder it carefully. Don't worry if you get distracted – it may be part of your response to offer it to God. Sit in silence and then frame a single sentence that begins to say aloud what this word or phrase says to you.

Fourth reading of the passage: Pray

As you read the passage for the last time ask what Christ is calling from you. What is it that you need to do or consider or relinquish or take on as a result of what God is saying to you in this word or phrase? In the silence that follows the reading pray for the grace of the Spirit to plant this word in your heart. If you are in a group talk for a few minutes and pray with each other.

Opening Prayer

O Blessed Lord, who caused all Holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn and inwardly digest them that we may embrace and hold fast the blessed hope of everlasting life, which you have given us in our saviour Jesus Christ. Amen.

1. One individual reads the passage once at normal pace and once slowly.
2. Each person identifies the word or phrase that catches their attention (1 minute).
3. Each shares the word or phrase around the group (3-5 minutes, no discussion).
4. Another person reads the passage slowly.
5. Each person identifies where this passage touches their life today (1 minute).
6. Each shares (3-5 minutes, no discussion).
7. Passage is read a fourth time (Another reader).
8. Each person names: "From what I've heard and shared, what do I believe God wants me to do or be? Is God inviting me to change in any way? (5 minutes).
9. Each shares their answer (5-10 minutes, no discussion).
10. Each prays silently for the person on their right (1 minute).

NB

- Timings are approximate.
- It is possible to say Pass at any of the stages if you do not wish to say anything.
- There is no discussion about what anybody else has to say.

Close with the Lord's Prayer and silence

Adapted from 'Reflections for Daily Prayer Advent 2012 to Eve of Advent 2013' (CHP 2012 Pgs. 6 & 7) by Rt Rev Stephen Cottrell, Bishop of Chelmsford, England.

From St John's Passion Gospel

Monday John 18: 1-11

After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. Then Jesus, knowing all that was to happen to him, came forward and asked them, 'For whom are you looking?' They answered, 'Jesus of Nazareth.' Jesus replied, 'I am he.' Judas, who betrayed him, was standing with them. When Jesus said to them, 'I am he', they stepped back and fell to the ground. Again he asked them, 'For whom are you looking?' And they said, 'Jesus of Nazareth.' Jesus answered, 'I told you that I am he. So if you are looking for me, let these men go.' This was to fulfil the word that he had spoken, 'I did not lose a single one of those whom you gave me.' Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. Jesus said to Peter, 'Put your sword back into its sheath. Am I not to drink the cup that the Father has given me?'

Tuesday John 19:12-16

From then on Pilate tried to release him, but the Jews cried out, 'If you release this man, you are no friend of the emperor. Everyone who claims to be a king sets himself against the emperor.' When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, 'Here is your King!' They cried out, 'Away with him! Away with him! Crucify him!' Pilate asked them, 'Shall I crucify your King?' The chief priests answered, 'We have no king but the emperor.' Then he handed him over to them to be crucified.

Wednesday John 19: 38-42

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.