



# Praying the Scripture - a few simple steps at home

## Sunday 17<sup>th</sup> May 2020

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



### **THIS SUNDAY'S GOSPEL – John 14:15-21** *“If you love me, you will keep my commandments.”*

‘If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

‘I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.

### **A Short Thought**

The greatest things you’ll ever learn is to love and be loved in return.” The following words, attributed to Pedro Arrupe SJ, may lift and inspire. “Nothing is more practical than finding God, that is, than falling in love, in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evening, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love and it will decide everything.”

### **SOME POINTERS FOR PRAYER**

1. Jesus speaks about being still alive even after his death. Mostly we find Jesus to be alive for us in the love of others. There is an energy of love which is connected to the energy of God, for God is love. This is the working of the Spirit of God, alive in love, care and compassion, and in all other good works. Where do you see love at work?
2. Jesus says, “I will not leave you orphaned”. In current times the loss of contact and feeling of isolation can creep in. But Jesus assures us we are not alone, the lack of his physical presence will be made up to them by the sending of the Holy Spirit, who will be with them permanently. Where and when do you feel God’s presence?
3. Jesus is preparing his disciples for his imminent departure and for a future in which he would be with them in a different way. What different ways have you experienced God during this time? In what different ways have you seen love at work or have you shown love in these times?
4. How have you experienced the presence and support of a loved one (parent, spouse, friend) when circumstances have separated you from them?
5. The proof of the ongoing presence of Jesus with his disciples is that “I live and you will live”. Discipleship is about much more than rules and regulations. It is about being alive. How has discipleship helped you to be more fully alive?

## Prayer -

Faithful God who loves us in Christ Jesus, send your Spirit of truth to dwell within us, that we may always reject what is false, live by the commands of Christ, and be true to the love you have shown us. May we be aware of your Spirit at work in our world and may we have the courage to be true witnesses to your loving presence. We ask this through Jesus who lives and reigns for ever and ever. **Amen**

### Prayer in these uncertain times

*We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen*

