

## Lectio divina – Week 1 from Nov. 18<sup>th</sup> to 24<sup>th</sup>

### Small communities of faith

### Lord Jesus Christ, King of the Universe – Year B

(maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Introduce yourselves, as this is the first meeting. What can I say about myself, my faith, my interest in the Word of God? Or take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.
4. **Lectio Divina**                      **Scripture Sunday November 25<sup>th</sup>**  
2<sup>nd</sup> reading: Revelation 1, 4-8  

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation. This year during *Lectio* we will center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 93 at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.
5. **Read the meditation** for this week. This year we will share what touches you in the meditation. Re-read it at home and do the spiritual exercise.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

**Note:** If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is *Lectio* and how to proceed.

## ADVENT 2018

### Meditation 1 – for small community faith groups

#### Lord Jesus Christ, King of the Universe – November 25<sup>th</sup>

#### Text from *Evangelii Gaudium* The Joy of the Gospel

3. I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unflinchingly each day. No one should think that this invitation is not meant for him or her, since “no one is excluded from the joy brought by the Lord”.<sup>1</sup> The Lord does not disappoint those who take this risk; whenever we take a step towards Jesus, we come to realize that he is already there, waiting for us with open arms. Now is the time to say to Jesus: “Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace”. How good it feels to come back to him whenever we are lost! Let me say this once more: God never tires of forgiving us; we are the ones who tire of seeking his mercy. Christ, who told us to forgive one another “seventy times seven” (*Mt* 18:22) has given us his example: he has forgiven us seventy times seven. Time and time again he bears us on his shoulders. No one can strip us of the dignity bestowed upon us by this boundless and unflinching love. With a tenderness which never disappoints, but is always capable of restoring our joy, he makes it possible for us to lift up our heads and to start anew. Let us not flee from the resurrection of Jesus, let us never give up, come what will. May nothing inspire more than his life, which impels us onwards!<sup>2</sup>

#### Questions to ponder

What does the feast of Christ the King mean for me?

In the past, there were processions honouring Jesus, Christ King of the Universe, but today what significance do I give to this feast?

How can I renew my personal encounter with Jesus Christ?

#### Spiritual exercise

During Advent, how will I become closer to Jesus Christ?

How may I live better as I follow Christ the King? What needs to change?

What acts of generosity do I wish to accomplish? How? For whom? With what attitude?

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<sup>1</sup> Paul VI, Apostolic Exhortation *Gaudete in Domino* (9 May 1975), 22: AAS 67 (1975), 297.

<sup>2</sup> Francis I, Apostolic Exhortation *Evangelii Gaudium*, 24 November 2013, Chapter One, The Church’s Missionary Transformation, n°3, ([https://w2.vatican.va/content/francesco/en/apost\\_exhortations/documents/papa-francesco\\_esortazione-ap\\_20131124\\_evangelii-gaudium.html](https://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20131124_evangelii-gaudium.html))

