

# Lectio Divina

A slow, meditative reading of scripture. At a time when we are alert. In a quiet and restful place. You need time enough so there is no sense of being hurried.

1. Select a passage; possibly in advance, the day before. Possibly a section of a reading from the Daily Office readings or next Sunday's Eucharist.
2. **Lectio** Read the passage slowly, pause as you want. Read slowly, gently listening for God's word for you. Read it again, and possibly again. Notice the phrases and words. What word or phrase draws your attention or touches you? Possibly read it aloud. Let the facts settle in; brood over them, allow them to enter imagination & memory. It is a matter of our spiritual development to cultivate the ability to listen deeply, to hear "with the ear of our hearts."
3. **Meditatio** - Reflection on the text. Bring to mind memories and associations related to the text. Allow the reading to sink into your heart and mind. Join Mary "pondering in her heart." Gently repeat the word or phrase, allow it to touch your thoughts, longings and hopes.
4. **Oratio** - Listening & responding to God. Respond silently or aloud with thoughts, words, desires, feelings, commitments, sorrow, and gratitude. Are there major concerns or joys in your life at the moment that this reading is addressing? Is there some area of your life where God may be inviting you to grow?
5. **Contemplatio** - Sit and enjoy the presence of God. Allow God to enter a deeper place in us. Trust that God is working within even if we do not notice. Rest in God's presence

## Readings

Jesus' foot washing of the Apostles, his encounter with Mary and Martha, and his confrontation with Judas on that last night. Each can only be properly heard if we are to offer them from a stance of empathetic truth. The actions are liturgical and sacramental.

## Tuesday

### *The foot washing*

"Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' " (John 13: 5 – 9)

## Wednesday

### *Mary and Martha*

“Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, ‘Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.’” (Luke 10: 38-42)

## Thursday

### Judas

“Mary took a pound of costly perfume made of pure nard, anointed Jesus’ feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, ‘Why was this perfume not sold for three hundred denarii and the money given to the poor?’ (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, ‘Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.’” (John 12: 1-8)

*[The story is also found in Mark 14: 3-9, Matthew 26: 6-13, and Luke 7: 36-50. In Matthew Judas isn’t mentioned but “the disciples saw it, they had indignation” and in Mark “there were some that had indignation.”]*