



Praying the Scripture - a few simple steps at home

Sunday 17th November 2019



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 - Luke 21:5-19

When some were speaking about the temple, how it was adorned with beautiful stones and gifts dedicated to God, Jesus said, "As for these things that you see, the days will come when not one stone will be left upon another; all will be thrown down." They asked him, "Teacher, when will this be and what will be the sign that this is about to take place?" Then he said, "Beware that you are not led astray; for many will come in my name and say, 'I am he!' and, 'The time is near!' Do not go after them. "When you hear of wars and insurrections, do not be terrified; for these things must take place first, but the end will not follow immediately." Then he said to them, "Nation will rise against nation and kingdom against kingdom; there will be great earthquakes and in various places famines and plagues; and there will be dreadful portents and great signs from heaven. "But before all this occurs, they will arrest you and persecute you; they will hand you over to synagogues and prisons and you will be brought before kings and governors because of my name. This will give you an opportunity to testify. So make up your minds not to prepare your defence in advance; for I will give you words and a wisdom that none of your opponents will be able to withstand or contradict. You will be betrayed even by parents and brothers, by relatives and friends; and they will put some of you to death. You will be hated by all because of my name. But not a hair of your head will perish. By your endurance you will gain your souls."

A THOUGHT

There is hope for a new beginning for all those who cherish the life of God in them. Our mortal beings will be transformed into immortality. The darkness of an unavoidable death bed can never hold back the dawn of the new day that awaits those who live out their faith in God to the full. Living out our faith calls for patient endurance. It is a form of our waiting that determines our long-term future. When our waiting is full of hope, committed work and love, then we rest assured that soon and very soon, a bright new dawn will come over us, ending the darkness of the grave

SOME POINTERS FOR PRAYER

- Endings are sometimes welcomed, sometimes feared. Now that we are coming to the end of the Liturgical Year our gospels will be focusing on the end times. Today's reading is not an easy read at first - I may lose what is most precious to me: a relationship, health, family, security, work, possessions. What sustains me through these times? In my difficulties do I set my heart on God, so that I grow stronger as a result?
- How am I preparing for that day when the bright light of God's presence will bring to the fore everything hidden in the dark?
- Have I put my trust in fleeting material things at the expense of my faith in God? Do I have hope in the new creation that awaits men and women of genuine faith in God?

Prayer

*God of peace, in our time we hear of wars and rumours of wars. Help me not to fear, not to lose hope, but to trust you, our Rock, our only hope. I make this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen***