



## Praying the Scripture - a few simple steps at home

### Sunday 14<sup>th</sup> June 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 understanding. *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 6:51-58** The Most Holy Body and Blood of Christ (Corpus Christi)

*My flesh is real food and my blood is real drink 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'*

*Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:*

*'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'*

### **A Short Thought**

*Jesus himself practised open table fellowship, to express God's unconditional love and acceptance. Before he died, he spoke words over the bread and wine, words which disclosed the meaning of his death and resurrection. When St Paul wrote to the Corinthians about the Lord's Supper, he had to remind them that the sacrament is meant to be a communion among all who celebrate it and to have a practical affect in our lives. As Benedict XVI wrote: A Eucharist which does not pass over into the concrete practice of love is essentially fragmented (God is Love) and as Pope Francis highlights, "Today's Solemnity reminds us that in our fragmented lives, the Lord comes to meet us with a loving 'fragility,' which is the Eucharist. In the Bread of Life, the Lord comes to us, making himself a humble meal that lovingly heals our memory, wounded by life's frantic pace. The Eucharist is the memorial of God's love." —Pope Francis*

### **SOME POINTERS FOR PRAYER**

1. Jesus tells us that to have life we need more than physical nourishment. How have you been aware of deeper hungers? What has met that deeper longing in you?
2. In the Eucharist we deepen our relationship with Jesus, not mechanically but by becoming more and more like him over the years. We meet God in this mysterious and dramatic way: God gives himself to us, and we try to shape our lives into a loving gift for God. How has the experience of the Covid emergency shaped, challenged or impacted your understanding of 'Eucharist'?
3. "Abide in me" is a phrase Jesus uses over and over again. He invites us to take him into ourselves and become one with him. Then we will have real life. Where do you hear these words spoken to you?

4. Jesus speaks about 'drawing life' from him. In day to day living what are the practices which support your faith and help you to draw life from Jesus?
5. Perhaps you can also think of human examples of people drawing life from one another. From whom have you drawn life? Who has been able to draw life from you?

## Prayer -

O God of pilgrims, you accompany us always on the road of life. You fed the people of Israel in the desert. Today, you feed your people through Jesus Christ, our living bread of life. May this food so satisfy us that we may always hunger for that true life found in you alone. Amen. **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*

