



# Praying the Scripture - a few simple steps at home

## Sunday 10th Jan 2021

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 – Mark 1:7-11

*John proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptised you with water; but he will baptise you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."*



### A Short Thought

Today we celebrate the Feast of the Baptism of the Lord. Jesus is baptized not because he is a sinner but because he wants to be in solidarity with us especially in our journey towards the Kingdom of God. That he is with us and is one of us. Furthermore, the baptism of Jesus is more of a revelation of who he is and what his mission should be. As William Barclay writes: "So in the baptism there came to Jesus two certainties—the certainty that he was indeed the chosen One of God, and the certainty that the way in front of him was the way of the Cross." What does our baptism mean to us and what does it call us to?

**B** – bath of rebirth. Original and actual sins are washed away and the baptized becomes a new creation

**A** – anointing with the Holy Spirit. The baptized, like Jesus, is anointed as priest, prophet and king.

**P** – perfection of Charity and Fullness of Christian life when it is no longer I who lives in me but Christ.

**T** – total dedication and commitment to live the truth of faith in every moment and aspect of life.

**I** – interior repentance and conversion toward new life in Christ.

**S** – seal of salvation. The baptized is sealed with indelible character that he belongs to Christ and marked to be saved.

**M** – mission to bear fruits of good works, holiness and evangelization.

### SOME POINTERS FOR PRAYER

- Imagine yourself witnessing the scene, perhaps standing in the shallows, the water flowing around your ankles. Picture the scene and allow it to unfold. What is it like?
- To untie someone's sandal was a slave's task, but John feels unworthy even to do that for Jesus, because he is so important – Think of a time that someone put themselves out for you or you did this for others

- The Father reveals the identity of this seemingly ordinary man Jesus from Nazareth by declaring him to be his beloved Son in whom he is well pleased. – Who is Jesus for you? Can you hear the Father's words being spoken to you also?
- The Spirit descends on him like a dove – The Spirit brings peace and comfort – Where do you feel this in your own life – Take a moment to see and give thanks for the blessings you have received

## Prayer

Lord, when I realise that you love me, and are well pleased with me, it is like the start of a new life. Help me to hear and witness to your voice. Help me to truly understand and live my baptism call that I may know that I am loved, that I do not travel alone and that I have a purpose and a destiny. 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*

#### Prayer to the Trinity

God, Trinity, hidden in my soul, I praise and thank you for your gift of love. You have breathed into my soul the desire to be united with you in love. May this desire be realized in me through the hidden work of love. I surrender myself completely to your loving embrace, transform all that would keep this desire from being fulfilled. May my love for you be selfless as I continue to deepen in this three-fold unity of Father, Son and Spirit.  
Amen.



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