



Praying the Scripture - a few simple steps at home

Sunday 17th 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 – John 1:35-42

Jesus invites disciples to “Come and see” and they followed him

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, “Look, here is the Lamb of God!” The two disciples heard him say this, and they followed Jesus.

When Jesus turned and saw them following, he said to them, “What are you looking for?” They said to him, “Rabbi” (which translated means Teacher), “where are you staying?” He said to them, “Come and see.” They came and saw where he was staying, and they remained with him that day. It was about four o’clock in the afternoon.

One of the two who heard John speak and followed him was Andrew, Simon Peter’s brother. He first found his brother Simon and said to him, “We have found the Messiah” (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, “You are Simon son of John. You are to be called Cephas” (which is translated Peter).



A Short Thought

It is good to stop from time to time and ask myself, what am I looking for? This can be answered in the ideal: “what do I think I should be looking for?” or in the real: “what do I actually want as evidenced by my choices and actions?” To move from one to the other we need the grace of dissatisfaction. In the words of Augustine, “You must be dissatisfied with the way your are now, if you ever want to get to where you are not yet.”

SOME POINTERS FOR PRAYER

- John sees our vocation to be an answer to Jesus’ words, “Come and see.” Where do you hear and respond to this call?
- John pointed the disciples towards Jesus as the one they should follow. Remember the people in your life who have pointed you in a new and life-giving direction? Perhaps in some cases this may have involved directing you away from your association with them—e.g., leaving home, changing jobs, etc
- Accepting an invitation to “Come and see” may be part of exploring a new path in life. When has this been so for you? Who issued you the invitation? What benefits came to you from accepting the invitation?
- What are you looking for? As I journey through my life, do I ask myself the question –‘What am I looking for’?

- The sculptor, Michelangelo was chipping away with his chisel at a huge shapeless piece of marble. He was heard to say, 'I am releasing the angel that is imprisoned in this marble.' What was released in Peter when the eyes of Jesus gazed at him? What does the gaze of Jesus release in me?

Prayer

From our earliest days, O God, you call us by name. Make our ears attentive to your voice, our spirits eager to respond that, having heard you in Jesus your anointed one, we may draw others to be his disciples. We ask this in trust and confidence through Jesus our brother. 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

