



# Praying the Scripture - a few simple steps at home

## Sunday 6<sup>th</sup> June 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 14:12-16, 22-26** The Most Holy Body and Blood of Christ (Corpus Christi)

*On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, 'Where do you want us to go and make the preparations for you to eat the Passover?' So he sent two of his disciples, saying to them, 'Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house, "The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?" He will show you a large room upstairs, furnished and ready. Make preparations for us there.' So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.*

*While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, 'Take; this is my body.' Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, 'This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God.'*

*When they had sung the hymn, they went out to the Mount of Olives.*

### 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. Sometimes we also are called to give our lives for others. We can do this grudgingly or with a generous heart. What difference has it made for you when you were able to give yourself freely?
4. The word "Take" is a word we could dwell on for a while. It implies nourishment, freely offered and given, for our growth, benefit and salvation, that we may have fulness of life. In day to day living what are the practices which support your faith?
5. Through the Eucharist we "draw life" from Jesus, what or whom helps you to draw life from Jesus?
6. 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 have made a covenant with your people in the gift of your Son, who offered his body for us and poured out his blood for all. As we celebrate this Eucharistic sacrifice, build up your Church by deepening within us the life of your covenant and by opening our hearts to those in need. We ask this as always through Christ our lord, **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*

