

LENT

2021

Listening to God
with the Gospel of Matthew

Week 2

Introduction

Welcome to our Lent material for 2021.

During the 40 days before Easter we often give something up or take something on as a sign of our devotion to God. This year we would like to encourage you to spend time with the gospel of Matthew. Through “Lectio Divina”, an ancient spiritual practice that comes from the Christian monastic tradition, we have the opportunity to experience the presence of God. These simple and easy to learn spiritual practices are designed to slow life down and allow God to speak to us through his word.

For Lectio Divina we use a short reading each day from the gospel of Matthew. We have prepared a reading each day for you to use. As an option, there is the reference for a longer reading each day as well. You could read this reading at a different time from the Lectio Divina time and it would guide you to read through Matthew in Lent.

You might like to use your own bible for the readings and you might like to write down your thoughts or feelings in this booklet or somewhere else like your notebook or journal.

Opening

Sit comfortably and quietly and take a few deep breaths to quieten yourself. Repeat the name of Jesus in your heart to allow yourself to focus on him.

Through a prayer ask God to fill you and be with you.

Lectio Divina Rhythm explained

Read (“Lectio”) the Scripture passage for the first time.

Listen with the “ear of your heart.” What word or phrase or sentence stands out to you? Underline it, circle around it, colour it in. Focus on that word, phrase or sentence over and over, allowing it to settle deeply in you heart.

Reflect (“Meditatio”), relish the words. Let them resound in your heart. Let an attitude of quiet reflection penetrate the prayer time. Listen to what speaks to your heart.

Respond (“Oratio”) spontaneously as you continue to listen to the word, phrase or sentence. Speak out a prayer of praise, thanksgiving or petition and return to repeating the words in your heart.

Rest (“Contemplatio”) in God. Simply “be with” God’s presence as you open yourself to a deeper hearing of the Word of God.

Repeat if desired. Different words, phrases or sentences might stand out to you each time, or the same words keep drawing you in. Let the Holy Spirit lead you through this exercise.

Closing prayer

Take a moment to pray. Talk to God and offer what you have heard and felt back to Him.

Monday 22nd February

Prayer: God of grace, thank you for your love for us, may we be one with you and with your love. Amen

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.
(Matthew 5:14-16)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 5:1-20

Tuesday 23rd February

Prayer: King Jesus, we come to you with our ears and hearts opened, help us to know you more. Amen

But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.
(Matthew 5:22-24)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 5:21-48

Wednesday 24th February

Prayer: Come, Holy Spirit, fill the hearts of your faithful people with the fire of your love. Amen.

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life?
(Matthew 6:25-27)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 6:1-34

Thursday 25th February

Prayer: Loving God, we long to know more of your love and goodness, speak to us we pray. Amen

"Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.
(Matthew 7:7-8)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 7:1-29

Friday 26th February

Prayer: Come, Lord Jesus come, speak to us all and fill us with your love and grace. Amen

And they went and woke him up, saying, "Lord, save us! We are perishing!" And he said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea; and there was a dead calm. They were amazed, saying, "What sort of man is this, that even the winds and the sea obey him?"
(Matthew 8:25-27)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 8:1-34

Saturday 27th February

Prayer: Holy Spirit, we invite you into our hearts and minds again, guide us into your love. Amen

As Jesus went on from there, two blind men followed him, crying loudly, "Have mercy on us, Son of David!" When he entered the house, the blind men came to him; and Jesus said to them, "Do you believe that I am able to do this?" They said to him, "Yes, Lord." Then he touched their eyes and said, "According to your faith let it be done to you."
(Matthew 9:27-29)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 9:1-34

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