

**LENT**

**2021**

Listening to God  
with the Gospel of Matthew

Week 6

## ***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 22<sup>nd</sup> March***

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

The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.

(Matthew 23:11-12)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 23:1-12

## ***Tuesday 23<sup>rd</sup> March***

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

"Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you, desolate. For I tell you, you will not see me again until you say, 'Blessed is the one who comes in the name of the Lord.'"

(Matthew 23:37-39)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 23:13-39

## ***Wednesday 24<sup>th</sup> March***

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

And because of the increase of lawlessness, the love of many will grow cold. But the one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations; and then the end will come.

(Matthew 24:12-14)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 24:1-25

## ***Thursday 25<sup>th</sup> March***

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

Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

(Matthew 24:42-44)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 24:26-46

## ***Friday 26<sup>th</sup> March***

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

And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'  
(Matthew 25:22-23)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 25:1-30

## ***Saturday 27<sup>th</sup> March***

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

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'  
(Matthew 25:34-36)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 25:31-46

*All scripture readings from NRSV: 'New Revised Standard Version Bible: Anglicized Edition, copyright 1989, 1995, Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.'*