

**LENT**

**2021**

Listening to God  
with the Gospel of Matthew

Week 7

## ***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 29<sup>th</sup> March***

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

But Jesus, aware of this, said to them, "Why do you trouble the woman? She has performed a good service for me. For you always have the poor with you, but you will not always have me. By pouring this ointment on my body she has prepared me for burial. Truly I tell you, wherever this good news is proclaimed in the whole world, what she has done will be told in remembrance of her."

(Matthew 26:10-13)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 26:1-35

## ***Tuesday 30<sup>th</sup> March***

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

And going a little farther, he threw himself on the ground and prayed, "My Father, if it is possible, let this cup pass from me; yet not what I want but what you want."

(Matthew 26:39)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 26:35-56

## ***Wednesday 31<sup>st</sup> March***

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

The high priest stood up and said, "Have you no answer? What is it that they testify against you?" But Jesus was silent. Then the high priest said to him, "I put you under oath before the living God, tell us if you are the Messiah, the Son of God." Jesus said to him, "You have said so. But I tell you, From now on you will see the Son of Man seated at the right hand of Power and coming on the clouds of heaven." (Matthew 26:62-64)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 26:57-75

## ***Maundy Thursday 1<sup>st</sup> April***

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

Now Jesus stood before the governor; and the governor asked him, "Are you the King of the Jews?" Jesus said, "You say so." But when he was accused by the chief priests and elders, he did not answer. Then Pilate said to him, "Do you not hear how many accusations they make against you?" But he gave him no answer, not even to a single charge, so that the governor was greatly amazed. (Matthew 27:11-14)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 27:1-26

## ***Good Friday 2<sup>nd</sup> April***

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

Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, "Truly this man was God's Son!"

(Matthew 27:54)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Matthew 27:27-66

## ***Saturday 3<sup>rd</sup> April***

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

So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb.

(Matthew 27:59-61)

Read, Reflect, Respond, Rest

Reading through Matthew in Lent: Silence

## ***Easter Sunday 4<sup>th</sup> April***

Reading through Matthew in Lent: Matthew 28:1-20

*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.'*