

Lectio Divina

1. What is Lectio Divina?

- Lectio Divina, "divine reading," is a way to communicate with the Word of God through prayer. It is often defined as reading the scripture with the "ear of the heart."

A. Lectio (Read) – Read the Scripture

- I went to my room to prepare myself to read the scriptures, I sit quietly so that my mind is open to hearing from God, and saying that "I am here God. I like to be with you and listen to your word". My favorite verse was (John 2: 18 – 25) It says The Jews then responded to him, "What sign can you show us to prove your authority to do all this? Jesus answered them, "Destroy this temple, and I will raise it again in three days." They replied, "It has taken forty-six years to build this temple, and you are going to raise it in three days?" But the temple he had spoken of was his body. After he was raised from the dead, his disciples recalled what he had said. Then they believed the scripture and the words that Jesus had spoken. Now while he was in Jerusalem at the Passover Festival, many people saw the signs he was performing and believed in his name. But Jesus would not entrust himself to them, for he knew all people. He did not need any testimony about mankind, for he knew what was in each person. In this passage as we think about Jesus cleansing the temple, we should also be reminded that there is some other cleaning that needs to be done. The Bible tells us that we are the temple of God and that the Spirit of God lives in us. The temple may be a house of prayer, but it is also a place of worship. We should not make our churches be turned into marketplace, we should not disrespect the temple of god because, the temple is a place of worship, a place to meet God, a place where people could say. As Messiah, Jesus had come as the Lamb of God which takes away the sin of the world. He had come to be the Passover Lamb. He had come to die on the cross for your sins and mine. He would

prove that he was Messiah by dying and rising again. True faith comes not through signs, but through the Word. We must put our trust in Jesus. Let Jesus cleanse our temple, our heart, our mind. He alone is the only hope for our salvation. He calls on us to receive him as our Lord and Savior. Repent and believe on the Lord Jesus Christ.

B. Meditatio (Reflect) – Meditate on the Scripture passage

- This remind me of when I was in Senior High School, my pastor says to me that I need to set aside my worries, problems, etc. and trust Jesus Christ only. I remember exactly what my pastor said it, he says to me, “Focus on God, not your problem. Listen to God, not your insecurities. Rely on God, not your own strength. What consumes your mind controls your life. Don’t focus on your adversaries. Focus on God’s possibilities”. True faith is keeping my eyes on God when the world around me is falling apart. Because the more I concentrate on myself, the more distracted I will be from the proper path. The more I know Him and commune with Him, the more the Spirit will make me like Him. The more I are like Him, the better I will understand His utter sufficiency for all of life’s difficulties. And that is the only way to know true happiness. God is who He says He is. He is our shelter, our provider, our healer, our strength, etc. so when we are in the temple of God (House of prayer or worship) we must focus on God. Sometimes we have to take a moment to just praise Him and give Him thanks. A moment of genuine worship lasts a lifetime. Prayer is intimately connected with God’s presence. Wherever we worship God and recognize His presence, whether in church, in a small group, or alone in our prayer closet, we ought to see ourselves as operating in God’s house of prayer. If I had been there in the Scriptures and seen a tale that would transform my life, and would have been amazed at how powerful our God is that we serve and have our trust in him. I'd follow his footsteps and praise him for the rest of my days.

C. Oratio (Respond) – Pray based on your meditation

- Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are Able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Father, help us to remember that we are your temple and that your Spirit lives in us. Help us to keep our lives clean and useful for service to you. Lord

God Almighty, you know the plans You have for me. And these plans are greater than I can imagine because You have always made all things work together for my good. Give me the understanding to see your way. Bless me with patience to wait upon you, Lord. Your ways are indeed higher than my ways. Your thoughts are so much greater than my thoughts. Grant me the patience to be still and know You are God, as I watch Your great plan for my life unfold in Your perfect timing. I want to be used by You as a channel of blessing and too often I speak out of turn and do not show the loving compassion that I want to show. Teach me Lord, how to relate to people and I pray that You would change me from the inside out to be the person that You would have me to be.

D. Contemplatio (Rest) – Contemplate on the loving presence of God

- Lord, thank you that you are a loving, gracious God. Thank you that you've offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love. We pray that our lives would be filled and overflowing with the power of your love so we can make a difference in this world and bring honor to you. We ask for your help in reminding us that the most important things are not what we do outwardly, it's not based on any talent or gift, but the most significant thing we can do in this life is simply to love you and to choose to love others. Lord thank you that your love is patient. Lord thank you that your love is kind. Lord I Love you so much, because of you I have all the blessings in life that would make anybody absolutely full and complete. Lord you know my needs and wants and I know that I have to suffer and go through trials in life to understand my faith. Lord Thank you for everything you have done to my life and to my family. Lord I love you and long to know you more with all my heart, mind and soul.

E. Action (Resolution) - Act to find new direction in your life

- When I walk into a personal relationship with God, he changes me, makes me more loving and encourages me to the concrete action. The greatest gift I can ever give people is myself, my time and my love as these are the most precious resources we possess and can share with others.

Feast SM SouthMail is live NOW.

Journey to the Gospel with Fr. Mike Laguardia

Welcome to our weekly Journey to the Gospel. Our Gospel for this coming Sunday is John 2:13-25, Jesus clears the Temple Courts.

Join us and be blessed!

#FeastSMSouthMail

#JourneytotheGospel

See Less

4 1 Comment 2 Shares

Like Comment Share

Comments

Like Reply 1m

3 likes

Rangel Mercado Good evening bro. Neo C. Rayos

Like Reply 1m

2 likes

Mha Noblesca Good evening po

Like Reply 1m

Write a comment...

Feast SM SouthMail is live NOW.

Journey to the Gospel with Fr. Mike Laguardia

Welcome to our weekly Journey to the Gospel...

See More

28 12 Comments 11 Shares

Love Comment Share

Comments

Like Reply 14m

Don Lean Sanchez Good evening po

Like Reply 14m

Radhika Kumar Good evening po, Fr. Mike!

Like Reply 3m

Replying to Radhika Judith V. Aldente hello aika, my students are here attending

Like See Thread 7m

1 like

Ish Herbon Good evening po

Like Reply 3m

Write a comment...

Feast SM SouthMail is live NOW.

Journey to the Gospel with Fr. Mike Laguardia

Welcome to our weekly Journey to the Gospel...

See More

28 12 Comments 11 Shares

Love Comment Share

Comments

Like Reply 11m

Don Lean Sanchez Good evening poo

Like Reply 11m

Radhika Kumar Good evening po, Fr. Mike!

Like Reply 11m

Replying to Radhika Judith V. Aldente hello aika, my students are here attending

Like See Thread 10m

1 like

Ish Herbon Good evening po

Like Reply 6m

Write a comment...

Feast SM SouthMail is live NOW.

Journey to the Gospel with Fr. Mike Laguardia

Welcome to our weekly Journey to the Gospel...

See More

28 16 Comments 11 Shares

Love Comment Share

Comments

Like Reply 25m

Anglica Correa Good evening po sainyong lahat

Like Reply See Translation 22m

Jamaica Beltran Serafina Good evening po

Like Reply 22m

Earl David Good evening po

Like Reply 6m

LovelyNes Ojales Amen

Like Reply 1m

Write a comment...

Feast SM SouthMail is live NOW.

Journey to the Gospel with Fr. Mike Laguardia

Welcome to our weekly Journey to the Gospel...

See More

28 16 Comments 11 Shares

Love Comment Share

Comments

Like Reply 35m

Anglica Correa Good evening po sainyong lahat

Like Reply See Translation 34m

Jamaica Beltran Serafina Good evening po

Like Reply 33m

Earl David Good evening po

Like Reply 17m

LovelyNes Ojales Amen

Like Reply 10m

Write a comment...