

Gospel as Living Word

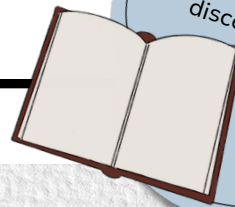


Take a minute to read over the Mass readings for this coming Sunday. What stands out? What questions do you have? Tell God what you notice and ask him to answer your questions at Mass.



Link to
readings





Indeed, the word of God is living and effective, sharper than any two-edged sword...able to discern reflections and thoughts of the heart.

Heb 4: 12 (NABRE)



Did You Know?

In the Bible, "the living word" can reference Jesus as the Word-made-flesh (Heb 4:12-13), sacred Scripture, or the teachings of the apostles (1 Thess 2:13).
- Trent Horn, "The Bible Blitzkrieg."



Lectio Divina

Listen with your heart. Lectio Divina, or “divine reading” is a method that draws you closer to the heart of God. Practicing Lectio Divina regularly will help you hear the Lord in the Mass readings. Follow the instructions below as you read Mark 4:35-41. You can use your own Bible, or the text provided on the next page.

READ: Read through the Scripture passage of Jesus calming the storm in Mark 4:35-41. Don’t worry about understanding it or figuring out what God may be wanting to tell you, just read the words and let yourself sink into the story.

MEDITATE: Read the story again, but this time notice what sticks out to you. Are there any moments you can relate to? In your imagination, do you watch the story from a character’s point of view or did you picture yourself in the story? What words or phrases seemed to “light up” as you read them? How do you feel as you read the story, notice those feelings. Take some notes on what’s going on in your mind and heart.

PRAY: Read the story one last time, but as you read, pause to talk to God about what you’re noticing in the story. Do you have a question for him? Do you have something you want to say? Is there something you are appreciating and want to praise him for? Talk to God, he loves you and wants to hear your what’s on your heart.

CONTEMPLATE: Quiet your thoughts and listen to how God responds to your heart. Notice the thoughts and images that come up. God’s voice is peaceful and kind.



Jesus Calms the Storm

Mark 4:35-41 (NABRE)

On that day, as evening drew on, he said to them, “Let us cross to the other side.” Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up.

Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?” He woke up, rebuked the wind, and said to the sea, “Quiet! Be still!” The wind ceased and there was great calm. Then he asked them, “Why are you terrified? Do you not yet have faith?”

They were filled with great awe and said to one another, “Who then is this whom even wind and sea obey?”



Works Cited

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