

MEET JESUS CHRIST IN THE WORD OF GOD

The relationship between the Risen Lord, the community of believers and sacred Scripture is essential to our identity as Christians. Without the Lord who opens our minds to them, it is impossible to understand the Scriptures in depth. Yet the contrary is equally true: without the Scriptures, the events of the mission of Jesus and of his Church in this world would remain incomprehensible. Hence, Saint Jerome could rightly claim: "Ignorance of the Scriptures is ignorance of Christ." — Pope Francis

THE 4 STEPS OF PRAYERFUL BIBLE READING

Set aside some private time, find a quiet place, and select a brief passage from Scripture, especially from one of the gospels. Become silent for a few moments by just listening to your breath. Then acknowledge the Lord's presence with a prayer:

May your Word, Father, be a lamp for my feet and a light to my path, so that I may understand what you wish to teach me and follow the path your light marks out for me. Amen.

1 · READ

Read the Scripture passage slowly and quietly more than once, listening for a word or phrase that touches your heart, or watching for an image that catches your imagination.

2 · REFLECT

Reflect on the word, phrase, or image that speaks to you, letting it interact with your thoughts and emotions, your memories and hopes, as you read the passage slowly again.

3 · RESPOND

Respond to what the Lord has shared with you with your own words of praise and thanks, concern and petition, trust and hope.

4 · REST

Rest for a moment with the Lord in silence, letting go of words and ideas, not becoming upset with distractions but just listening to your breath instead, allowing the Lord to love you and to receive your love.

End by slowing praying the Lord's Prayer.