Listening Prayer – An Experience of Lectio Divina

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John 20:19-31 NRSV

When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that 'shimmered' as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer.

Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

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John 20:19-31 The Voice

On that same evening (Resurrection Sunday), the followers gathered together behind locked doors in fear that some of the Jewish leaders in Jerusalem were still searching for them. Out of nowhere, Jesus appeared in the center of the room.

Jesus: May each one of you be at peace.

As He was speaking, He revealed the wounds in His hands and side. The disciples began to celebrate as it sank in that they were really seeing the Lord.

Jesus: I give you the gift of peace. In the same way the Father sent Me, I am now sending you.

Now He drew close enough to each of them that *they could feel His breath*. He breathed on them:

Jesus: Welcome the Holy Spirit of the living God. You now have the mantle of God's forgiveness. As you go, you are able to share the life-giving power to forgive sins, or to withhold forgiveness.

All of the eleven were present with the exception of Thomas. ²⁵ He heard the accounts of each brother's interaction with the Lord.

The Other Disciples: We have seen the Lord!

Thomas: Until I see His hands, feel the wounds of the nails, and put my hand to His side, I won't believe what you are saying.

Eight days later, they gathered again behind locked doors; and Jesus reappeared. This time Thomas was with them.

Jesus: May each one of you be at peace.

He drew close to Thomas.

Jesus: Reach out and touch Me. See the punctures in My hands; reach out your hand, and put it to My side; leave behind your faithlessness, and believe.

Thomas (filled with emotion): You are the one True God and Lord of my life.

Jesus: Thomas, you have faith because you have seen Me. Blessed are all those who never see Me and yet they still believe.

Jesus performed many other wondrous signs that are not written in this book. These accounts are recorded so that you, too, might believe that Jesus is the Anointed, *the Liberating King,* the Son of God, because believing grants you the life He came to share.