Listening Prayer – An Experience of Lectio Divina

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## John 16:12-15 NLT

"There is so much more I want to tell you, but you can't bear it now. When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. He will bring me glory by telling you whatever he receives from me. All that belongs to the Father is mine; this is why I said, 'The Spirit will tell you whatever he receives from me.'

## John 16:12-15 The Message

"I still have many things to tell you, but you can't handle them now. But when the Friend comes, the Spirit of the Truth, he will take you by the hand and guide you into all the truth there is. He won't draw attention to himself, but will make sense out of what is about to happen and, indeed, out of all that I have done and said. He will honor me; he will take from me and deliver it to you. Everything the Father has is also mine. That is why I've said, 'He takes from me and delivers to you.'

## 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.