Lectio Divina – An Experience in Listening Prayer

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John 20:19-23 NLT

That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. 20 As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! 21 Again he said, "Peace be with you. As the Father has sent me, so I am sending you." 22 Then he breathed on them and said, "Receive the Holy Spirit. 23 If you forgive anyone's sins, they are forgiven. If you do not forgive them, they are not forgiven."

For Reflection and Prayer:

If something captured your attention - a word, a phrase, an image - let this simmer in you and allow the Spirit to expand its meaning for you.

Notice any place of consolation or desolation that you experienced as you listened and allow the Trinity to minister to you there.

This text is full of tactile and sensory observations. How is it for you to place yourself in this story? Which of your senses are affected? Bring this affect into conversation with Jesus.

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John 20:19-23 TMG

Later on that day, the disciples had gathered together, but, fearful of the Jews, had locked all the doors in the house. Jesus entered, stood among them, and said, "Peace to you." Then he showed them his hands and side.

²⁰⁻²¹ The disciples, seeing the Master with their own eyes, were exuberant. Jesus repeated his greeting: "Peace to you. Just as the Father sent me, I send you."

²²⁻²³ Then he took a deep breath and breathed into them. "Receive the Holy Spirit," he said. "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?"