

Don't be afraid, Just believe Midweek Reflection #53 June 24, 2009

In the ancient Christian practice of lectio divina, a form of praying scripture, one is encouraged to listen for a phrase that seems to be God speaking directly to the reader.

As I read through Mark 5:21-43 one line seemed to speak directly to me:

“Jesus told the synagogue ruler, ‘Don't be afraid, just believe.’” Mark 5:36

I have carried this with me all week and it continues to bring peace and assurance to my heart as I wait on the Lord.

I am looking forward to speaking from Mark 5 as well as Lamentations 3:21-26, two passages that seem related around prayer the more I studied them. Jairus, the synagogue president in Mark 5, represents to me the kind of spoken petitionary prayer which I learned as a child and has been a part of my spiritual life ever since. The woman in that passage who touches the hem of Jesus' robe represents to me a listening, waiting contemplative kind of prayer which has become so important to me this past year. This is the same kind of prayer that is extolled in Lamentations 3. In both cases, the Incarnate Word of God, Jesus, hears and responds, revealing Himself again, as He does throughout the Gospels, to be the Son of the Living God, “God with his skin on”, who came into ordinary life to call us to extraordinary living in Union with the Trinity.

May you know that Real Presence today as you seek His face in all manner of prayer, whether alone or with others of your faith community.

I continue to see these reflections as an opportunity to suggest to my congregation and friends who share this spiritual journey with me some of the good spiritual reading that has been helpful to me. If you would like to read more about contemplative prayer, here is an excellent book to start with:

Centering Prayer In Daily Life and Ministry, Thomas Keating, Basil Pennington, Edited by Gustave Reininger, Continuum Press, New York \* London. 2006

May your day be enriched as you open your heart to God's Word and God's Love in prayer and in the scriptures.

Under God's Mercy,

Howie

