



LESSON THREE

RESOURCES

Go to page 18 to download resources

HANDOUTS

Luke 12:22-32

In this lesson, we will be going to Luke's gospel to listen to some very encouraging and tender words from Jesus. According to the "Collegeville Bible Commentary", "Dante called Luke the 'scribe of Christ's gentleness' because of his emphasis on Jesus' mercy to sinners and outcasts. Some of the most memorable gospel stories of divine mercy are found only in Luke. (the widow of Naim, the Prodigal Son, Zacchaeus)." So, in this lesson today we will open ourselves to hear and to receive the message of gentle encouragement which in turn leads to hope and peace.

LECTIO: Read the text from Luke 12:22-32. Let us read it slowly, in order to prepare the soil of our hearts for new seeds and new growth. Be aware of the Holy Spirit playing on the fibres of your heart as you listen. This is the true *oratio* (prayer) of *lectio divina*.

Do Not Worry - Luke 12:22-32

²²Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.²³For life is more than food and the body more than clothes.²⁴Consider the ravens: They do not sow or reap, they have no

storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to your life?

²⁶Since you cannot do this very little thing, why do you worry about the rest?

²⁷“Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! ²⁹And do not set your heart on what you will eat or drink; does not worry about it.³⁰ for the pagan world runs after all such things, and your Father knows that you need them. ³¹But seek his kingdom, and these things will be given to you as well. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith!

²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things and your Father knows that you need them. ³¹But seek his kingdom, and these things will be given to you as well.

³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

MEDITATIO: Some further background to enrich our reading, reflection and response. From the “Collegetown Bible Commentary” I read the following; “What Jesus says here about the conduct of life goes directly against the normal human approach: striving to get life under control by arranging for all immediate needs and wants and by covering all bases. Jesus says that worry about such things is a lack of faith and a misunderstanding of our God. What is condemned here is not foresight and industry but an anxious approach to life that subconsciously denies that God is a loving father who has everything carefully under control.”

Spend time with the text now. Ponder on it in the days ahead. Write your response in your prayer journal. I share mine in *Evangelizatio*.

ORATIO: This is the movement when we speak to God in response to what we have heard from the passage. We speak to God just as we would to someone who is close to us, whom we trust. If it is helpful you may wish to write your dialogue or your prayer in your prayer journal. You may even wish to draw your response. There are no rights or wrongs to this movement. Simply open your heart to God and reveal to God your thoughts, emotions, fears, concerns, your petitions and your thanksgiving and praise.

CONTEMPLATIO: We are now in a position to leave behind all the thoughts and interior movements of our heart and allow ourselves to sit still in his presence as Mary of Bethany was able to do. Here we allow God to take over and we simply wait in silence, in peace, not expecting anything or initiating anything. It is God’s turn now. We are not

perturbed if we hear nothing or feel nothing because this is an exercise of trust. We trust that God allows whatever God chooses and we allow ourselves to be content with what is and not what we would like it to be.

RUMINATIO: We choose a word or phrase now from the passage, one that really speaks to us and which we resonate with, in readiness to carry it with us through the day and for as long as it continues to nourish us and speak to us. We may like to write it on a card and display it somewhere where we will see it frequently.

ACTIO/EVANGELIZATIO: I read this passage and love it. Jesus makes it sound so easy and it's so very comforting. But it's not that easy of course if we are people who need to have all bases covered, as we heard in the *meditatio* reflection above. And most of us fit into that category.

At the moment, here at the Abbey we are getting our bushfire evacuation plans organised. We live in the middle of a rainforest on the South Coast and thus are very vulnerable in summer. I try hard to surrender in faith and to entrust our safety and welfare to God and the angels. It is a very challenging exercise for me and requires a lot of letting go. I find it helps to begin by changing my thought patterns. When they turn to what might happen I try to think of some words of a psalm to shift myself from anxiety to trust. This helps enormously. I do truly believe that faith can move mountains but I have realised that my faith cannot simply be a head exercise. Rather it has to be embodied and lived concretely in the here and now.

My other response was that of delighting in how Jesus refers to the wildflowers and their clothes. He seems to be very close to nature and delights in its beauty. He also refers to the birds and how our Father cares for them too. I ponder on how much time he might have spent just looking at flowers, watching the birds and enjoying Gods beautiful creation.

And then my response changes to that of sadness when I see the destruction that is taking place all over the planet. I ask myself what I can do about this and I know the answer. I say to myself that all that I can do is take care of my own little piece of God' s creation by being very conscious of how destructive my little acts of carelessness, like not recycling, can be. My other responsibility, which is a serious one, is to pray that we will all wake up before it really is too late. I also think of the younger generations and how they must feel. I guess we couldn't blame them for feeling some anxiety. We need to pray for them too,

REFLECTION

Go to downloads on page 18 to listen to

Fr Paul Gurr O. Carm, sing "Come as You Are"

