

Lectio Divina - The God Who Speaks

Generosity

Before we begin. Sit comfortably, with your back straight, feet planted firmly on the ground, arms placed comfortably on your knees. Close your eyes. Focus on your breathing, in through your nose and gently, soundlessly out of your mouth. Feel each breath filling your lungs, bringing oxygen into your body through calming waves. In your mind's eye go to your safe place. Your happy place. Feel God next to you. He is always with you. Focus on that feeling of him being there close to you as you listen to His Word.

Make the Sign of the Cross

Share scripture - Listen to this reading carefully, paying attention to what words, images, or ideas the Holy Spirit brings to your heart.

'If anyone orders you to go one mile, go two miles with him. Give to anyone who asks and if anyone wants to borrow do not turn away. But I say this to you: love your enemies and pray for those who hurt you.' - **Matthew 5: 38-48**

Meditate on it

Am I generous with my attention? – Do I listen to others fully and for as long as they need to be heard?

Am I generous with my help? – Do I look out for occasions when others need help and be ready to offer it?

Am I generous with my comfort? - Do I give up my seat on the bus when someone else needs it?

Am I generous with my words? – Do I tell my mum and dad, my grandparents or my brother or sister that I love them?

Am I generous with my thoughts? - Do I always think the kindly of others?

Am I generous even when it's difficult? – Am I kind and thoughtful even when others may not be kind and thoughtful towards me?

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Share it again - Jesus said, 'If anyone orders you to go one mile, go two miles with him. Give to anyone who asks and if anyone wants to borrow do not turn away. But I say this to you: love your enemies and pray for those who hurt you.'

Pray on it

Lord,

Teach us true generosity.

Teach us to serve you as you deserve.

To give and not to count the cost,

To fight and not to heed the wounds,

To work and not to seek for rest,

To labour and not to seek reward

Except the knowledge that we have done your will.

Amen.

Share it a final time - Children's version

Jesus said "If someone asks you to walk a mile with them, go twice as far. Be generous towards those who ask for help and if someone needs to borrow something from you, give what you can. I say to you that you should love your enemies and pray for those who cause you pain."

Sit with it - Let's quiet our hearts for a few moments so we might hear God's response to our prayer. Rest now in God's presence.

After a period of silence, end with the Sign of the Cross

- In the name of the Father, and the Son, and the Holy Spirit.