

Dear Padre,

My friend is doing a Bible study, and part of the program is something called *lectio divina*. Is that a Catholic practice?

This method of listening to Scripture has the Church's approval. In fact, Catholic bishops have recommended *lectio divina* as an easy way for Catholics to become more familiar with the Bible. The practice of *lectio divina* is quite simple:

First, ask the Holy Spirit to help you listen. Then slowly read a short Scripture passage aloud. Listen for a word or phrase that strikes you. Next, think about why this word or phrase is so striking at this moment. Does the word or phrase touch your life right now? Then, ask God's help in making an important choice, or ask what the word or phrase that struck you in the first step means in your life. Finally, close your eyes, let go of all thoughts, and remain silent before God.

These parts have a logical progression, but it's not a hard-and-fast method. People who have been doing *lectio divina* for a long time sometimes move back and forth between parts. If you practice *lectio divina* regularly, over time your understanding of God's word will deepen.

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Do you have a question for the Padre?

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A WORD FROM *Pope Francis*

[*Lectio divina*] is first of all a matter of reading the biblical passage attentively—even more, I would say with "obedience" to the text, to understand what it means in and of itself. One then enters into dialogue with Scripture, so that those words become a cause for meditation and prayer.

GENERAL AUDIENCE, JANUARY 27, 2021



Our Parish Community

April 24, 2022

*Second Sunday of Easter
(Sunday of Divine Mercy) (C)*

Acts 5:12–16

Rev 1:9–11a, 12–13, 17–19

Jn 20:19–31

Take My Word for It

This is easier said than done. Growing up, we insisted on doing things ourselves, learning from our own experience, developing a sense of our own ability. We soon came to know that there are times when we should—in fact, we must—take someone else's word for something. If we refused to do this, we might be called a "doubting Thomas." Is that fair to us? Is it fair to Thomas?

As today's Gospel passage reports, gathered in a room, several disciples of Jesus experienced him truly among them. Thomas was absent. When the others told him what had occurred, he refused to take their word for it. To believe, he also would have to experience Jesus. It is unfair to credit them with faith and label him a doubter. After all, their experience probably convinced them, an event Thomas did not enjoy with the other disciples.

The point of this story is not Thomas' eventual visit by Jesus or his subsequent profession of faith. Rather, it is the source of such a confession. Thomas was unwilling or unable to accept the truth of the resurrection unless he saw Jesus and touched him. Jesus told him: "Blessed are those who have not seen and have believed" (John 20:29). Blessed are you and me, who have come to know Jesus and the truth of his resurrection on the word of others—our parents and teachers, pastoral ministers and friends, those who have come to know him and who witness to this in their lives.

Sr. Dianne Bergant, CSA

FOR Reflection

- ★ *If you lack faith, as seems to be the case with Thomas, pray for it.*
- ★ *What do you do to learn more about the faith?*



When I caught sight of him, I fell down at his feet as though dead. He touched me with his right hand and said, "Do not be afraid. I am the first and the last, the one who lives."
REVELATION 1:17–18A