

# Living the Word

MEDITATING ON THE SUNDAY GOSPEL

3rd Sunday in Ordinary Time

A resource for personal, family  
and community prayer.

## Word of God Sunday



### *Gospel: Matthew 4:12-23*

<sup>12</sup>Hearing that John had been arrested, Jesus went back to Galilee, <sup>13</sup>and, leaving Nazareth, he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. <sup>14</sup>In this way the prophecy of Isaiah was to be fulfilled: <sup>15</sup>“Land of Zebulun! Land of Naphtali! Way of the sea on the far side of Jordan, Galilee of the nations! <sup>16</sup>The people who lived in darkness have seen a great light; on those who dwell in the land and shadow of death a light has dawned.” <sup>17</sup>From that

*You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.*



moment Jesus began preaching with the message, “Repent, for the kingdom of heaven is close at hand.”

<sup>18</sup>As he was walking by the sea of Galilee, he saw two brothers, Simon, who was called Peter, and his brother Andrew; they were

#### **The Lenten series of Lectio Divina for Newcomers**

Presented by Fr Joseph Ralph OP begins (In Person) **Mon 20th Feb at 7pm Or (Online) Thur 23rd Feb at 8pm** and continues for six weeks. For further information and to book a place, please contact the Lectio Centre, Newry with preferred option. (Numbers are limited)

#### **Lectio Centre**

028 302 62178 (Mon-Sat 10-5pm)  
lectiocentre35@gmail.com  
Further resources:  
[lectio.newrydominican.com](http://lectio.newrydominican.com)

making a cast in the lake with their net, for they were fishermen. <sup>19</sup> And he said to them, “Follow me and I will make you fishers of men.” <sup>20</sup> And they left their nets at once and followed him. <sup>21</sup> Going on from there he saw another pair of brothers, James son of Zebedee and his brother John; they were in their boat with their father Zebedee, mending their nets, and he called them. <sup>22</sup> At once, leaving their boat and their Father, they followed him. <sup>23</sup> He went around the whole of Galilee teaching in their synagogues, proclaiming the good news of the kingdom and curing all kinds of diseases and sicknesses among the people.

## Reading

---

Today’s passage belongs to the beginning of Jesus’ ministry as recorded by Matthew. Following the arrest of John, Jesus knows the time has come for him to make a move. Full of self-confidence and a sense of urgency, he embarks on his mission: to make this world the kind of place that God wants it to be – more merciful, compassionate, and caring for all, especially the most vulnerable. This is not a work for him alone but for all God’s children and, so, he begins by calling his first disciples.

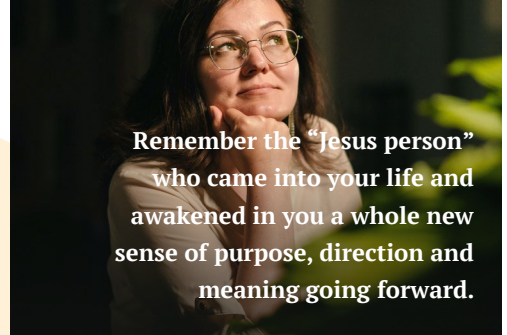
## Recognising

---

You are invited to meditate on the passage, or any part of it, by letting it speak to your life experience until you feel to say “I recognise this passage.”

**v16. “The people that lived in darkness have seen a great light.”**

Can you remember a time of “darkness” in your own life or that of your family or community? Remember the “Jesus person” who came bringing light and hope by their words and actions.



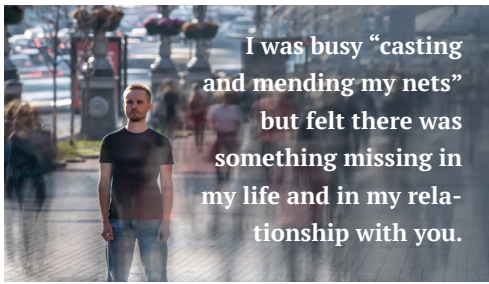
Remember the “Jesus person” who came into your life and awakened in you a whole new sense of purpose, direction and meaning going forward.

**v17. “Repent, for the Kingdom of God is close at hand.”**

Can you identify the “Jesus people” in your life who proclaim with confidence that a new time is at hand, a new opportunity to build a better life for you, for the community, for the world – but, at the same time, leaving you in no doubt that this would require a radical change of heart, behaviour and practice?

**v22. “And, leaving the boat and their Father, they followed him.”**

Can you enter into the experience of the first disciples by remembering a time when you were tired, weary, stagnating, unfulfilled? Remember the “Jesus person” who came into your life and awakened in you a whole new sense of purpose, direction and meaning going forward.



I was busy “casting and mending my nets” but felt there was something missing in my life and in my relationship with you.

## Responding

---

Having recognised God’s presence in life, you are invited to **respond** in your own words, in prayer (thanksgiving, repentance and petition).

Heavenly Father, I thank you for the day I first came across the practice of Gospel meditation (Lectio Divina). I was busy “casting and mending my nets” but felt there was something missing in my life and in my relationship with you. Now I have come to see ordinary, everyday life with new eyes, and come to appreciate more fully that the “Kingdom of heaven is close at hand.”

Heavenly Father, at times I am afraid to take risks and to try something new – “to leave the nets, the boat, the father and to follow you,” because I’m not sure of what it will ask of me or where it will lead me. Lord, have mercy.

Give me the humility to acknowledge the need for change in my life - that I am not

all that I could be. Give me the courage to respond to Jesus’ call “to follow him” so that I might find a deeper relationship with you, Father, and with all my brothers and sisters, and work together with them to build a better world - “proclaiming the good news of the kingdom and curing all kinds of disease and illness.”

## Resting

---

You are invited to enter deep prayer by simply **resting** your heart in God’s presence (Contemplative moment). The quiet repetition of a word or phrase from the passage might help you on this journey into greater silence and stillness, e.g. “Jesus”.

## Reflecting

---

From your journey with this passage, you are now invited to **reflect**, and put into your own words, any new insights or understanding that you have received (Wisdom moment).

From your journey with the passage, what new insight or understanding has been given to you into the meaning of repentance, or mission or community? It might read something like this: **To answer the call to repentance presupposes a dissatisfaction or discontentment with life as it is, and a desire for something better.** This is only a sample. Try to uncover and express your own personal insight.

# Children



## *Reading*

Jesus begins his work by inviting people to a new way of life: to think, speak and act differently. Jesus invites the people he meets to become the best version of themselves. Jesus recognises that he needs the support of others with this work, and calls Simon, Andrew, James and John to be his first followers and supporters in this new way of life.

## *Recognising*

Can you remember a time when you were called to change your way of thinking, speaking or acting - perhaps your parent, teacher or friend encouraged you to be a better person?

Can you remember recognising that you needed the support of others in trying to achieve your goals in a project or even on a sports team?

## *Responding*

Father, I thank you for the people in my life who constantly encourage me to think, speak and act in a more positive and loving

way, and for the ability to see that I always succeed with the support of others.

Father, I am sorry for the times that I was not ready to listen to the advice of other people who called me to positive change, and for the times that I was not willing to reach out for the support of others.

Father, I ask that you grant me an open mind to change my thinking about other people and situations, and a willing heart to work with others to make your kingdom more present on earth.

## *Resting*

Rest in the loving embrace of the Father by repeating "FOLLOW ME" for as long as it is possible. May you be filled with all the wisdom that comes from resting in the life-giving presence of the Father.

## *Reflecting*

The most worthwhile achievements in life require a different way of thinking, speaking and acting, as well as the support of others.



**Short video on Childrens experience of doing Lectio Divina**

Available on Lectio website: [lectio.newrydominican.com](http://lectio.newrydominican.com) and on Dominican Facebook page.

**A simple summary of Lectio steps can be found in the porch of the church.**