

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

Year B - 13th Sunday in Ordinary Time

A resource for personal, family and community prayer.



“your faith has restored you to health...”

LECTIO STEPS - The five 'Rs': *Reading, Recognising, Responding, Resting, Reflecting.*

Gospel: Mark 5:21-43

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

²¹When Jesus had crossed again in the boat to the other side, a large crowd gathered round him and he stayed by the lakeside. ²²Then one of the officials came up' Jarius by name, and seeing him, fell at his feet ²³and pleaded with him earnestly saying, "My little daughter is desperately sick. Do come and lay your hands upon her to make her better and save her life." ²⁴Jesus went with him and a large crowd followed him; they were pressing all around him.

²⁵Now there was a woman who had suffered from a hemorrhage for twelve years; ²⁶after long and painful treatment under various doctors, she had spent all she had without being any the better for it; in fact, she was getting worse. ²⁷She had heard about Jesus, and came up behind him through the crowd and touched his cloak. ²⁸"If I can touch even his clothes," she had told herself, "I shall be well again." ²⁹And the source of the bleeding dried up instantly, and she felt in herself that she was cured of her complaint.

³⁰Immediately aware that power had gone out from him, Jesus turned around in the crowd and said, "Who touched my clothes?"

³¹His disciples said to him, "You see how the

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crowd is pressing round you and yet you say, "Who touched me?"

³²But he continued to look round to see who had done it. ³³Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at his feet and told him the whole truth. ³⁴"My daughter," he said, "your faith has restored you to health; go in peace and be free from your complaint."

³⁵While he was still speaking some people arrived from the house of the synagogue official to say, "Your daughter is dead; why put the Master to any further trouble."

³⁶But Jesus overheard this remark of theirs and he said to the official, "Do not be afraid; only have faith."

³⁷And he allowed no one to go with him except Peter and James and John the brother of James. ³⁸So they came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly.

³⁹ He went in and said to them, "why all this commotion and crying? The child is not dead but asleep."⁴⁰But they laughed at him. So he turned them all out and, talking with him the child's father and mother and his own companions, he went into the place where the child lay.

⁴¹And taking the child by the hand he said to her, "Talitha, Kum!" which means, "Little girl, I tell you to get up."⁴²The little girl got up at once and began to walk about, for she was twelve years old. At this they were overcome with astonishment, ⁴³and he ordered them strictly not to let anyone know about it, and

told them to give her something to eat.

Reading

(This focuses on the story of the woman with the haemorrhage, verses 25-34)

In the Gospel we see Jesus moved with compassion for the suffering of this frightened and marginalized woman who daringly reaches out and touches him. Because of her bleeding the woman has been treated as an outcast - isolated from others and feeling alienated from God too. Notice the sensitivity and understanding of Jesus who knows that the woman needs not only physical healing but psychological and spiritual healing too. So Jesus insists on having a face to face encounter with her: looking at her, listening to her story, speaking words of comfort and reassurance, and expressing his admiration for her faith, courage and determination. She has been completely healed.

Recognising

Let this beautiful passage speak to your life experience – an event, happening or relationship where you have experienced something similar to that situation as described in the Gospel: be it in your own personal life, the life of others, the church, the country or the world (MEDITATION STAGE). Allow the memory and the passage to get to know each other and discover all that they have in common, until you feel to say, 'I recognize this passage!' This is truly Good News: the Risen Jesus is alive and at work among us, doing today what he did long ago.

"If I can touch even his clothes I shall be well again..."

Can you remember seeing someone afflicted

with chronic illness? Despite the disappointment and frustration of various treatments and procedures they never gave up hope of being cured.

“And the source of her bleeding dried up instantly and she felt in herself cured of her complaint!.”

Can you remember an experience of recovering from a disease or sickness thanks to the advances of science and medicine, and the dedication of medical personnel?

“And the woman came forward, frightened and trembling...and told him the whole story.”

Can you remember a caring encounter with someone in the hospital or community setting who was not only interested in treating the symptoms you presented with, but showed a genuine interest in your whole person. They showed understanding and care by the way they looked at you, listened to you, and the tender words they spoke to you.

“Immediately aware that power had gone out of him.”

From the perspective of Jesus, can you remember the physical and emotional impact of caring for someone? While it took a lot out of you - time, energy, understanding and patience – you gave it freely out of love.

specific to your meditation. In time you may feel to include in the prayer some words or phrases from the passage itself.

Thank you, Lord, for the people of compassion, who in times of suffering in our lives “after long and painful treatment under various doctors”, listened to our pain, showed understanding of what we were going through, walked respectfully and patiently with us until we “found peace and were freed of our complaint.” In them we see the compassion of Jesus alive today.

We ask forgiveness, for the times we have felt “the crowd pressing round us” and have been impatient with those who needed our care. If only we had given them more time and attention we could have touched them in a much deeper way. Lord, have mercy.

Lord, help us to build a community of people who are ready to listen with tenderness and compassion to the pain of others. Send us out as people who care, because as you have shown us in the Gospel, genuine caring brings healing and gives life, so that “people might go in peace and be free of their complaint.”

Responding

Having recognised God’s presence in life, you are invited to respond in your own words, in PRAYER (thanksgiving, repentance and petition). Below are sample prayers, please try to make your own

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. “Who touched me.”

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 this passage what

have you learnt about the importance of Healing, Compassion, being Seen and being Heard.

Compassion is integral to the experience of complete healing



Reading

(This focuses on the story of the healing of Jairius' daughter)

Jesus is approached by a Jewish official whose daughter is sick and he believes that Jesus can help her. Someone comes to tell the man that his daughter has died but Jesus encourages the man to have faith. Jesus goes to his house and raises the young girl to new life. The people are amazed.

Recognising

Can you remember meeting a 'Jesus person', maybe a parent, grandparent or teacher, who was with you in your time of suffering and raised your spirits?

Can you remember a time when you were filled with doubt but you were encouraged to have faith?

Responding

Father, I thank you for the 'Jesus people'

who have been there for me in my time of need, who have raised my spirits and given me a reason to hope.

Father, I am sorry for the times when I doubted the power of Your Son to transform by doubt into faith and my despair into hope.

Father, I ask that my faith in Your Son continues to deepen so that I may approach him with confidence in my time of need.

Resting

Take a few moments to breathe in the love of the Father by repeating "HAVE FAITH" for as long as it is possible. May you know the faith that comes from resting in the presence of the Father.

Reflecting

Faith has the power to give us a reason to have hope in the darkest of moments.