

Lectio Novena, Pentecost 2021

Diocese of Motherwell Mission & Evangelisation



'Fall Afresh On Me'

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'Fall Afresh On Me'

Nine Days of Prayer Before Pentecost



How to use the Novena Programme

Time

Decide for yourself how much time you wish to spend on the Novena each day, and commit this time to God, then before you begin your prayer, set a timer for your session.

(A suggestion for a daily prayer session would be 15-45 minutes.)

Lectio Divina

This may be your first experience of praying Lectio Divina. If this is the case for you, read over the instruction notes prior to your prayer session, in order to familiarise yourself with its four steps.

Resources

On each of the nine days, there is the Gospel text, a related image and a link to a hymn/song/video. There is also a link to the hymn 'Spirit of the Living God' (repeated daily). After reading the scripture, feel free to use or not to use the other resources, as you feel drawn. The word '[here](#)' (in blue) takes you to the hymn in Youtube, and clicking on the top arrow takes you back into the Novena resource (mail).

Journalling

Some time after your prayer session, you may wish to jot down a few notes about your prayer. This is called 'journalling' and a later reading of your prayer notes can sometimes reveal aspects/strands running through your prayer that you might otherwise miss.

Relax!

Although there are some instructions for the Novena, relaxing in God's Presence with Scripture is a lovely place to be. Enjoy this time of preparation for the wonderful Feast of Pentecost.

LECTIO DIVINA is an ancient Catholic prayer method for reading and praying with the Bible.

Lectio (Reading)

In the first phase of *lectio divina* we read and understand what the passage says in itself. This is the literal meaning of the Scripture passage and the lessons everyone would recognise in reading it. This phase is summarized with the question:

What does the text say that everyone should understand?

We then read the text again, very slowly, allowing the Holy Spirit to draw us to a certain word (or very short phrase) that strikes us in some way.

Meditatio (Meditation)

At this stage we ask, '*What does this word say to me, today, and to my life?*' We stay with the word, mull it over, savour it until it opens up to a fuller meaning for us. In this way we come to a deeper appreciation of how God is working in our lives through the sacred word.

Oratio (Prayer)

Through this meditation we experience an intimate encounter with God which leads us to respond in prayer. We consider prayer to be a simple conversation with God. We may ask petitions of him, we give him thanks, and we give him praise. At this phase we can ask ourselves: '*What can I say to the Lord in response to his word?*'

Contemplatio (Contemplation)

This step comes with the willingness to change, an openness and trust in God, and the decision to follow God's will rather than our own. We ask, '*What conversion of the mind, heart, and life is the Lord asking of me?*' We then spend the rest of our prayer time simply resting in God's Love.

'FALL AFRESH ON ME'
Day 1,
Friday 14th May

Diocese of Motherwell Mission & Evangelisation



Day 1, Friday, 14th May '21
Jesus Christ Painting by Curtis Hamilton

Day 1, Friday , 14th May, 2021 The Feast of St Matthias, Apostle

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



We take some moments to still ourselves for prayer, opening our hearts to the Presence of the Holy Spirit.

Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#)

Gospel – John 15:9-17

9 Jesus said to his disciples: “As the Father loves me, so I also love you. Remain in my love.

10 If you keep my commandments, you will remain in my love, just as I have kept my

Father’s commandments and remain in his love.

11 “I have told you this so that my joy might be in you and your joy might be complete.

12 This is my commandment: love one another as I love you.

13 No one has greater love than this, to lay down one’s life for one’s friends.

14 You are my friends if you do what I command you.

15 I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father.

16 It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you.

17 This I command you: love one another.”

‘Love One Another’ (4.55 mins) Hymn by Tony Alonso

Click [here](#)

'FALL AFRESH ON ME'
Day 2,
Saturday 15th May

Diocese of Motherwell Mission & Evangelisation



Day 2, Saturday, 15th May '21
Dorina Costras: The Gallerist

Day 2, Saturday , 15th May, 2021

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 16:23-28

Jesus said to his disciples:

16:23 'I tell you most solemnly, anything you ask for from the Father he will grant in my name.

16:24 Until now you have not asked for anything in my name. Ask and you will receive, and so your joy will be complete.

16:25 I have been telling you all this in metaphors, the hour is coming when I shall no longer speak to you in metaphors; but tell you about the Father in plain words.

16:26 When that day comes you will ask in my name; and I do not say that I shall pray to the Father for you,

16:27 because the Father himself loves you for loving me and believing that I came from God.

16:28 I came from the Father and have come into the world and now I leave the world to go to the Father.'

*'I Will Rise' | Easter and Ascension Song | Chris Tomlin |
Sunday 7pm Choir (5.46 mins) – Click [here](#)*

'FALL AFRESH ON ME'
Day 3,
Sunday 16th May

Diocese of Motherwell Mission & Evangelisation



Day 3, Sunday, 16th May '21
Photo of Saint Mother Theresa, Pinterest

Day 3, Sunday, 16th May, 2021, Sixth Sunday of Easter

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 17:11-19

Jesus raised his eyes to heaven and said:

17:11 Holy Father, keep those you have given me true to your name, so that they may be one like us.

17:12 While I was with them, I kept those you had given me true to your name. I have watched over them and not one is lost except the one who chose to be lost, and this was to fulfil the scriptures.

17:13 But now I am coming to you and while still in the world I say these things to share my joy with them to the full.

17:14 I passed your word on to them, and the world hated them, because they belong to the world no more than I belong to the world.

17:15 I am not asking you to remove them from the world, but to protect them from the evil one.

17:16 They do not belong to the world any more than I belong to the world.

17:17 Consecrate them in the truth; your word is truth.

17:18 As you sent me into the world, I have sent them into the world,

17:19 and for their sake I consecrate myself so that they too may be consecrated in truth.

'We are Called' by David Haas (3.42 mins). Click [here](#)

'FALL AFRESH ON ME'
Day 4,
Monday 17th May

Diocese of Motherwell Mission & Evangelisation



Day 4, Monday, 17th May '21
EL ESPÍRITU SANTO DE DIOS
Photo by Google+

Day 4, Monday , 17th May, 2021

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 16:29-33

His disciples said to Jesus, 'Now you are speaking plainly and not using metaphors!

16:30 Now we see that you know everything, and do not have to wait for questions to be put into words; because of this we believe that you came from God.'

16:31 Jesus answered them:

'Do you believe at last?

16:32 Listen; the time will come – in fact it has come already – when you will be scattered, each going his own way and leaving me alone.

And yet I am not alone, because the Father is with me.

16:33 I have told you all this so that you may find peace in me.

In the world you will have trouble, but be brave:

I have conquered the world.'

'Peace' sung by We the Kingdom (4.54 mins) – Click [here](#)

'FALL AFRESH ON ME'
Day 5,
Tuesday 18th May

Diocese of Motherwell Mission & Evangelisation



Day 5, Tuesday, 18th May '21

Day 5, Tuesday, 18th May, 2021

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 17:1-11

After saying this, Jesus raised his eyes to heaven and said:

17:1 'Father, the hour has come: glorify your Son so that your Son may glorify you;

17:2 and, through the power over all mankind that you have given him, let him give eternal life to all those you have entrusted to him.

17:3 And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent.

17:4 I have glorified you on earth and finished the work that you gave me to do.

17:5 Now, Father, it is time for you to glorify me with that glory I had with you before ever the world was.

17:6 I have made your name known to the men you took from the world to give me. They were yours and you gave them to me, and they have kept your word.

17:7 Now at last they know that all you have given me comes indeed from you;

17:8 for I have given them the teaching you gave to me, and they have truly accepted this, that I came from you, and have believed that it was you who sent me.

17:9 I pray for them; I am not praying for the world but for those you have given me, because they belong to you:

17:10 all I have is yours and all you have is mine, and in them I am glorified.

17:11 I am not in the world any longer, but they are in the world, and I am coming to you.

Abba, Father (You are the Potter), Carey Landry, by Sunday 7pm Choir.

2.47 mins Click [here](#)

'FALL AFRESH ON ME'
Day 6,
Wednesday 19th May

Diocese of Motherwell Mission & Evangelisation



Day 6, Wednesday, 19th May '21

Day 6, Wednesday, 19th May, 2021

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 17:11-19

Jesus raised his eyes to heaven and said:

17:11 Holy Father, keep those you have given me true to your name, so that they may be one like us.

17:12 While I was with them, I kept those you had given me true to your name. I have watched over them and not one is lost except the one who chose to be lost, and this was to fulfil the scriptures.

17:13 But now I am coming to you and while still in the world I say these things to share my joy with them to the full.

17:14 I passed your word on to them, and the world hated them, because they belong to the world no more than I belong to the world.

17:15 I am not asking you to remove them from the world, but to protect them from the evil one.

17:16 They do not belong to the world any more than I belong to the world.

17:17 Consecrate them in the truth; your word is truth.

17:18 As you sent me into the world, I have sent them into the world,

17:19 and for their sake I consecrate myself so that they too may be consecrated in truth.

'Be still and know I am with you'. 3.04 mins Click [here](#)

'FALL AFRESH ON ME'
Day 7,
Thursday 20th May

Diocese of Motherwell Mission & Evangelisation



Day 7, Thursday, 20th May '21
Body of Christ Painting by Danny Hahlbohn

Day 7, Thursday, 20th May, 2021

Lectio:

Read the text slowly twice, identifying your 'Word'.

Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 17:20-26

Jesus raised his eyes to heaven and said:

17:20 I pray not only for these, but for those also who through their words will believe in me.

17:21 May they all be one. Father, may they be one in us, as you are in me and I am in you, so that the world may believe it was you who sent me.

17:22 I have given them the glory you gave to me, that they may be one as we are one.

17:23 With me in them and you in me, may they be so completely one that the world will realise that it was you who sent me and that I have loved them as much as you loved me.

17:24 Father, I want those you have given me to be with me where I am, so that they may always see the glory you have given me because you loved me before the foundation of the world.

17:25 Father, Righteous One, the world has not known you, but I have known you, and these have known that you have sent me.

17:26 I have made your name known to them and will continue to make it known, so that the love with which you loved me may be in them, and so that I may be in them.'

How Beautiful, Catholic Version, 4.37mins – Click [here](#)

'FALL AFRESH ON ME'
Day 8,
Friday 21st May

Diocese of Motherwell Mission & Evangelisation



Day 8, Friday, 21st May '21
Jesus Christ the Good Shepherd

Day 8, Friday, 21st May, 2021

Lectio:

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Meditatio:

Meditate on, ponder on, your Word.

Oratio:

Bring your Meditation into Prayer.

Contemplatio:

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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 21:15-19

21:15 After the meal Jesus said to Simon Peter, 'Simon son of John, do you love me more than these others do?' He answered, 'Yes Lord, you know I love you'. Jesus said to him, 'Feed my lambs'.

21:16 A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know I love you'. Jesus said to him, 'Look after my sheep'.

21:17 Then he said to him a third time, 'Simon son of John, do you love me?' Peter was upset that he asked him the third time, 'Do you love me?' and said, 'Lord, you know everything; you know I love you'. Jesus said to him, 'Feed my sheep'.

21:18 'I tell you most solemnly, when you were young you put on your own belt and walked where you liked; but when you grow old you will stretch out your hands, and somebody else will put a belt round you and take you where you would rather not go.'

21:19 In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me'.

'I will be with you', Kathryn Crowweller, 4.23mins

Click [here](#)

'FALL AFRESH ON ME'
Day 9,
Saturday, 22nd May

Diocese of Motherwell Mission & Evangelisation



Day 9, Saturday, 22nd May '21

The Thirteenth Resurrection Appearance by Del Parson

Day 9, Saturday, 22nd May, 2021

Lectio:

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Oratio:

Bring your Meditation into Prayer.

Contemplatio:

Simply rest in God's Presence.



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Spirit of the Living God, (2.59 Mins) Michael Crawford

Click [here](#).

Gospel – John 21:20-25

21:20 Peter turned and saw the disciple Jesus loved following them - the one who had leaned on his breast at the supper and had said to him, 'Lord, who is it that will betray you?'

21:21 Seeing him, Peter said to Jesus, 'What about him, Lord?'

21:22 Jesus answered, 'If I want him to stay behind till I come, what does it matter to you? You are to follow me.'

21:23 The rumour then went out among the brothers that this disciple would not die. Yet Jesus had not said to Peter, 'He will not die', but, 'If I want him to stay behind till I come'.

21:24 This disciple is the one who vouches for these things and has written them down, and we know that his testimony is true.

21:25 There were many other things that Jesus did; if all were written down, the world itself, I suppose, would not hold all the books that would have to be written.

'Will You Come and Follow me?' Songs of Praise, Glasgow Catholic Cathedral, 2.32mins

Click [here](#)