

# ADVENT REFLECTION ON THE CANTICLES FROM ST LUKE'S GOSPEL

A group of us met in the Lady Chapel at St Andrew's at the end of Friendly Friday Coffee Morning during December. During the reflection we took time to apply the Lectio Divina (Latin for Divine / Sacred Reading) style of studying the Bible. This is an ancient spiritual practice from the Christian monastic tradition that allows us to experience the presence of God through reading and listening, prayer, meditation and contemplation. It is a dynamic, life-orientated approach to reading the Holy Scriptures which can help all Christians discover the rich truths of the Word of God.

As we heard a different Canticle being read to us each week, we paused to notice if a phrase, impression or thought was particularly highlighted to us from the passage. We wrote these down and you can read these phrases below. We then went away to consider further what God was saying to each one of us from the phrase we had noticed.

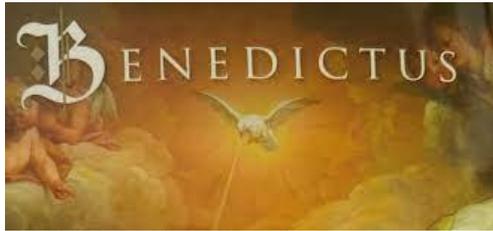
## MARY'S SONG



And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Saviour, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name. His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.



# ZECHARIAH'S SONG



His father Zechariah was filled with the Holy Spirit and prophesied: "Praise be to the Lord, the God of Israel, because he has come to his people and redeemed them. He has raised up a horn of salvation for us in the house of his servant David (as he said through his holy prophets of long ago), salvation from our enemies and from the hand of all who hate us— to show mercy to our ancestors and to remember his holy covenant, the oath he swore to our father Abraham: to rescue us from the hand of our enemies, and to enable us to serve him without fear in holiness and righteousness before him all our days. And you, my child, will be called a prophet of the Most High; for you will go on before the Lord to prepare the way for him, to give his people the knowledge of salvation through the forgiveness of their sins, because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace."

Holy Covenant – God's promises are sure

To serve Him without fear

To shine on those living in darkness

The Lord, the God of Israel, because He has come to His people and redeemed them

Horn of salvation .....path of peace

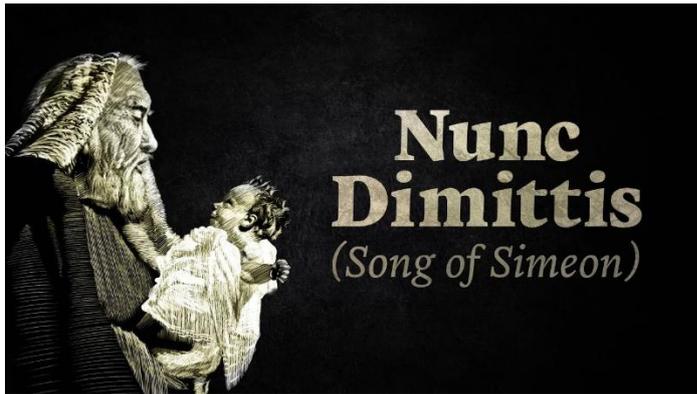
The rising sun will come

To rescue us from our enemies

And to enable us to serve Him without fear.

*Zechariah was dumb, so he couldn't speak unbelief. This amazing word was spoken to the Jewish people about the coming of their Messiah, who they are still in some cases waiting for.*

*To shine on those living in darkness and in the shadow of death to guide our feet into the path of peace*



Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying:

“Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel.”



We hoped you enjoyed our thoughts and ponderings on these Canticles in St Luke's Gospel. If you would like to know more about Lectio Divina then go to this website for more information or to even have a go yourself.

<https://www.anglicancommunion.org/media/253799/1-What-is-Lectio-Divina.pdf>

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