

Prayerful preparation for Maundy Thursday

Set aside a prayer time and begin by relaxing and coming to stillness. Read the Gospel, preferably aloud and slowly, paying attention to any words that stand out for you. Stay with those words for a few minutes and wait to see if God is present to you.

John 13:1-15 *extracts*

Now He showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes again, he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

Reflection

What is being described in the Scripture passage?

Why is this incident recorded?

How does the scene unfold?

Who are the people there?

Where is it happening?

When is it happening, before and after what?

How might I live out what has struck me in the Scripture passage?

With what help? What will help me live out what I have learnt?

Finally, how am I resolved to live out what I have received from this scripture?

Prayer prompts

Thomistic Prayer

This type of Prayer was recommended by St Thomas Aquinas, hence its name. It is a type of prayer which relies on thinking rather than feeling. Logical thinkers may find this method fruitful but other, more feeling types, may not find this approach prayer like. If the first 4 steps of *Lectio Divina* are used this will turn this method into real prayer and not merely an intellectual exercise.

There are 7 questions to follow in this approach. What, Why, How, Who, Where, When, What will help me live my life more closely to the Scripture just read/prayed?