



Teams a Christian movement for married couples

Helping couples to deepen their
faith and grow closer together

Word Of God



Equipes Notre-Dame
Teams

“ Your word is a lamp for my steps and a light for my path.”

Psalm 119

Introduction

We often say of someone we know very well, that we can “read them like a book”, thereby knowing how they might feel or act or what they would say in certain situations. Most often the people we know so well are those who are close to us, whom we care about, whom we hold close to our hearts. We can only know them so well by spending time with them, by listening and trying to understand them; and they, quite unconsciously, influence our lives.

As couples in Teams the greatest influence in our lives is that of God, but do we know Him and do we really try to understand what he is saying to us in the Scriptures? This is one instance when we can, quite literally, read someone “like a book” because He has chosen to reveal Himself in the Bible.

Seeking God In Scripture

We shall only make progress in our aim to know and love God if we seek Him regularly in Scripture. It is for this reason that reading The Word of God is such an important Teams endeavour.

The Word of God and prayer are very often linked together – one naturally leads to the other and together they can be a voyage of discovery where we can be led to discern His word in our everyday lives.

But how can we do this? Where do we begin?

- Set aside at least 5 minutes each day to listen to God’s word. Perhaps begin with the daily Mass readings or choose a Gospel that appeals to you. Some people use a Christian calendar or book with a daily reading.
- Decide on a regular time when you are least likely to be disturbed.
- Find somewhere that is quiet and peaceful.

- Begin with a prayer to the Holy Spirit. Ask Him to enlighten your understanding and make you aware of God’s presence in Scripture.
- Try to keep your chosen passage fairly short. It’s easy to get carried away and it can become difficult to reflect on a long reading.
- Read the passage slowly.
- After listening to His word, tell Him what you have understood by the passage. This may call for some resolution concerning your life.
- If you have nothing to say, just be still for a time in His presence.
- If you can do this at the beginning of the day, try to let your day be influenced by this time you have spent with God, putting into practice any resolution you have made.

There are many publications that can be a great source of help when discovering the richness of the Word of God which have a daily reading and a few words of explanation for reflection. The following are suggestions:

Bible Alive, 124 City Road, Stoke-on-Trent ST4 2PH and on-line at www.alivepublishing.co.uk/bible-alive

Living Faith, on-line at www.livingfaith.com

Magnificat, The Catholic Herald, Freepost 22527, Herald House, 15 Lamb’s Passage, Bunhill Row, London. EC1B 1EY also on-line at www.magnificat.net