Mothers' UNION
Christian care for families

Mothers' Union Listening, Observing, Acting (MULOA)

Group 'Lectio divina' exercise: 'The body of Christ'

Objective: Energised spiritually to contribute positively

Questions: *What might God be saying to Mothers' Union through this passage?*

Celebrating what we bring to the body of Christ: 1 Corinthians 12:12-27 (NIV)

12 Just as a body, though one, has many parts, but all its many parts form one body, so it is with
Christ. 13 For we were all baptized by[a] one Spirit so as to form one body—whether Jews or
Gentiles, slave or free—and we were all given the one Spirit to drink. 14 Even so the body is not
made up of one part but of many.

15 Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would
not for that reason stop being part of the body. 16 And if the ear should say, "Because I am not
an eye, I do not belong to the body," it would not for that reason stop being part of the
body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body
were an ear, where would the sense of smell be? 18 But in fact God has placed the parts in the
body, every one of them, just as he wanted them to be. 19 If they were all one part, where
would the body be? 20 As it is, there are many parts, but one body.

21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I
don't need you!" 22 On the contrary, those parts of the body that seem to be weaker are
indispensable, 23 and the parts that we think are less honorable we treat with special honor.
And the parts that are unpresentable are treated with special modesty, 24 while our presentable
parts need no special treatment. But God has put the body together, giving greater honor to
the parts that lacked it, 25 so that there should be no division in the body, but that its parts
should have equal concern for each other. 26 If one part suffers, every part suffers with it; if one
part is honored, every part rejoices with it. 27 Now you are the body of Christ, and each one of
you is a part of it.

1. **Reading**: In your group, pray that God will open our mind, heart and emotions and for his Holy Spirit to guide us. Listen to someone read the passage slowly and prayerfully out loud. Have a time of silence for 1-2 minutes. Repeat this again (someone else reads).
2. **Meditation**: Each person reads the passage again quietly to themselves and reflects on it. Go for a walk or find a place to sit. Be attentive to words, phrases and ideas. Ponder them and listen to what God might be saying to us/ Mothers' Union.
3. **Prayer:** Share the phrase that came to mind and what struck you (or pass if you don't want to'. Ask God to show you how he wants us to respond to and act on those. Offer these to God, praying for each other out loud or quietly for the person to your right.
4. **Contemplation:** Sit in silence for a few minutes in the presence of God, allowing time just to be with God.
5. **Living:** Reflect on what we each bring to the workshop from our own culture, our faith gift and our personal qualities/ skills. Each writes them on a post-it. Bring the post-its back to the whole group.