

## LENTEN FAITH SHARING

### Week Six

#### Week Six – Hebrews 10: 1-18

The Leader leads the participants through the Centering Prayer Process and Lectio Divina

Begin with **Centering Prayer.**

Sit comfortably with eyes closed.

Begin to slowly breathe in through your nose and out through your mouth.

As you slowly breathe in, image God breathing breath into your center.

As you breathe out through your mouth, let it be a moment of letting go of your anxieties, worries, anger, hatred, frustrations.

Repeat this practice several times.

1. Choose a Sacred Word or Mantra as a symbol of your intention to consent to God's presence and action within.  
Whenever you become aware of distractions, sounds, thoughts of other things, simply return to the Lord with Centering or your prayer word/s.  
(Repeat this exercise three to four times. Trusting that you are sitting in God's Holy presence by yourself and with other.

While sitting in silence, open your life to become aware of the presence of God with you personally and with the Share Group.

2. **Lectio Divina** – Choose a Reader. The Leader leads the Lectio Divina

Read **Hebrews 10: 1-18** slowly, while pausing between paragraphs for silence.

Invite participants to rest in silence for a few moments.

Invite them to savor a word, a phrase or a feeling that rises in you. Reflect on this quietly.

The Leader, after some time of silence can invite participants to share the **word** or phrase aloud.

The Reading is slowly read a second time by the Reader.

Pause for silent reflection.

The leader invites participants to share their experience using the Reflection responses below.

### REFLECTION

Christians now realize that the Old Testament sacrifices did not effect the spiritual benefits to come, but only prefigured them. Realistically speaking if the sacrifices effected the forgiveness of sin, there would have been no reason for them to be

constantly repeated. It is not reasonable to believe that human sins could be removed by the blood of animal sacrifices. The sacrifices of the former covenant were only a "shadow" of the good things to come in Christ. The New Covenant reveals the **way** for receiving forgiveness of sins and that was through Jesus becoming the Paschal Lamb offering his sacrificed body on the cross. Jesus has taken up all our sin and guilt and offered us true and lasting forgiveness.

**Two images** are held up for our reflection. The **first image** is of the **many priests standing** in the temple, offering sacrifices each day. The second image is of One priest making a perfect offering for sins and now **seated** at the right hand of God. The priests **standing** symbolizes ongoing or repeated action while Christ **seated** symbolizes work accomplished.

The victory has been won. Now, Jesus waits for all his enemies to become his footstool. Enemies such as hatred, despair, injustice, and **death**.

The sacrifice of the new Covenant is the offering of Jesus' body, once and for all. However, the Church's Eucharistic sacrifice of Christ is **exemplified** on altars throughout the world, until he comes again.

### **Reflection responses**

1. What in the reading stirred your heart?
2. Does this Scripture story take on meaning for your life?
3. Did the story help you make connections to the Eucharist?
4. What has God taught you about yourself through testing?
5. What did you find enlightening?
6. In what ways do you experience the effects of Christ's sacrifice as not fully manifested in the world? What could you do to change that?

### **Action – Connect with the disconnected.**

How or what will you do to share your experience of Eucharist through the Scriptures and worship with someone who is not participating in the Eucharist?

Can you gently and lovingly, and without judgment, ask another what prevents them from coming to experience the Eucharist?

Listen! Listen! Listen! The Holy Spirit will provide the words you should speak.

## **Hebrews 10: 1-18**

1 Since the law has only a shadow of the good things to come, and not the very image of them, it can never make perfect those who come to worship by the same sacrifices that they offer continually each year.

2 Otherwise, would not the sacrifices have ceased to be offered, since the worshipers, once cleansed, would no longer have had any consciousness of sins?

3 But in those sacrifices there is only a yearly remembrance of sins,

4 for it is impossible that the blood of bulls and goats take away sins.

5 For this reason, when he came into the world, he said:  
“Sacrifice and offering you did not desire,  
but a body you prepared for me;

6 holocausts and sin offerings you took no delight in.

7 Then I said, ‘As is written of me in the scroll,  
Behold, I come to do your will, O God.’”

8 First he says, “Sacrifices and offerings, holocausts and sin offerings, you neither desired nor delighted in.” These are offered according to the law.

9 Then he says, “Behold, I come to do your will.” He takes away the first to establish the second.

10 By this “will,” we have been consecrated through the offering of the body of Jesus Christ once for all.

11 Every priest stands daily at his ministry, offering frequently those same sacrifices that can never take away sins.

12 But this one offered one sacrifice for sins, and took his seat forever at the right hand of God;

13 now he waits until his enemies are made his footstool.

14 For by one offering he has made perfect forever those who are being consecrated.

15 The holy Spirit also testifies to us, for after saying:

16 “This is the covenant I will establish with them after those days, says the Lord:  
‘I will put my laws in their hearts,  
and I will write them upon their minds,’”

17 he also says:

“Their sins and their evildoing  
I will remember no more.”

18 Where there is forgiveness of these, there is no longer offering for sin.