

Lectio Divina



Lectio Divina for the Fourth Week in Ordinary Time

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Grant us, Lord our God,
that we may honor you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

(Collect, Fourth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 5:1-12a

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake
of righteousness,

for theirs is the kingdom of heaven.

Blessed are you when they insult you and
persecute you

and utter every kind of evil against you
falsely because of me.

Rejoice and be glad, for your reward will be great
in heaven.”

Meditation (*Meditatio*)

*After the reading, take some time to reflect in
silence on one or more of the following questions:*

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

*If practicing lectio divina as a family or in a group,
after the reflection time, invite the participants to
share their responses.*

Prayer (*Oratio*)

*Read the Scripture passage one more time. Bring to
the Lord the praise, petition, or thanksgiving that
the Word inspires in you.*



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Blessed are the poor in spirit,/ for theirs is the kingdom of heaven. In what ways have I become too reliant on my own abilities and resources? How can I place my life more fully in God's hands?

Blessed are the clean of heart,/ for they will see God. How have unclean thoughts and desires distracted me from God? How can I learn to quiet these thoughts and desires more effectively?

Blessed are the peacemakers,/ for they will be called children of God. What parts of my life are marked by strife and disagreement? How can I help to resolve arguments and disputes that affect the people around me?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Living the Word This Week

How can I make my life a gift for others in charity?

Look at the newspaper or visit your favorite news site and pray for the needs you see there.

Closing Prayer

The LORD keeps faith forever,
secures justice for the oppressed,
gives food to the hungry.
The LORD sets captives free.

The LORD gives sight to the blind;
the LORD raises up those who were bowed down.
The LORD loves the just;
the LORD protects strangers.

The fatherless and the widow the LORD sustains,
but the way of the wicked he thwarts.
The LORD shall reign forever;
your God, O Zion, through all generations.
Alleluia.

(From Psalm 146)

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