

Lectio Divina



Lectio Divina for the Sixth Week in Ordinary Time

We begin our prayer:

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

O God, who teach us that you abide in hearts that are just and true, grant that we may be so fashioned by your grace as to become a dwelling pleasing to you. 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, Sixth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 5:20-22a, 27-28, 33-34a, 37

Jesus said to his disciples: “I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

“You have heard that it was said to your ancestors, *You shall not kill; and whoever kills will be liable to judgment.* But I say to you, whoever is angry with brother will be liable to judgment.

“You have heard that it was said, *You shall not commit adultery.* But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.

“Again you have heard that it was said to your ancestors, *Do not take a false oath, but make good to the Lord all that you vow.* But I say to you, do not swear at all. Let your ‘Yes’ mean ‘Yes,’ and your ‘No’ mean ‘No.’ Anything more is from the evil one.”

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?

Unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven. When have I judged others and myself? How do I allow my prejudices to influence my interactions with the people I encounter?

Everyone who looks at a woman with lust has already committed adultery with her in his heart. When have I treated others like objects instead of beloved children of God? How can I foster greater mastery over my words, thoughts, and actions?

But I say to you, do not swear at all. When have I failed to keep my promises? When has my language been mean, hurtful, or rude?

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

Closing Prayer

Blessed are they whose way is blameless,
who walk in the law of the LORD.
Blessed are they who observe his decrees,
who seek him with all their heart.

You have commanded that your precepts
be diligently kept.
Oh, that I might be firm in the ways
of keeping your statutes!

Be good to your servant, that I may live
and keep your words.
Open my eyes, that I may consider
the wonders of your law.

Instruct me, O LORD, in the way of your statutes,
that I may exactly observe them.
Give me discernment, that I may observe your law
and keep it with all my heart.

(From Psalm 119)

Living the Word This Week

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

Apologize to someone you have hurt.

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