



## *Lectio Divina for Holy Week*

*We begin our prayer:*

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

O God, who willed your Son to submit for our sake to the yoke of the Cross,  
so that you might drive from us the power of the enemy,  
grant us, your servants, to attain the grace of the resurrection.

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, Wednesday of Holy Week)

### **Reading (*Lectio*)**

*Read the following Scripture two or three times.*

Matthew 26:36-46

Then Jesus came with [the disciples] to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup

pass without my drinking it, your will be done!" Then he returned once more and found them asleep, for they could not keep their eyes open. He left them and withdrew again and prayed a third time, saying the same thing again. Then he returned to his disciples and said to them, "Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand."

### **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?

*[Jesus] began to feel sorrow and distress. What concerns and anxieties are weighing me down at present? How can I share these burdens with Christ?*

*Watch and pray that you may not undergo the test. What people, places, or other things challenge my faith? What graces do I need from God to face these challenges?*

*My Father, if it is not possible that this cup pass without my drinking it, your will be done! How can I discern God's will for me? How can I become more docile to God's will?*

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

## Closing Prayer

All who see me scoff at me;  
they mock me with parted lips, they wag their heads:  
“He relied on the LORD; let him deliver him,  
let him rescue him, if he loves him.”

Indeed, many dogs surround me,  
a pack of evildoers closes in upon me;  
They have pierced my hands and my feet;  
I can count all my bones.

They divide my garments among them,  
and for my vesture they cast lots.  
But you, O LORD, be not far from me;  
O my help, hasten to aid me.

I will proclaim your name to my brethren;  
in the midst of the assembly I will praise you:  
“You who fear the LORD, praise him;  
all you descendants of Jacob, give glory to him;  
revere him, all you descendants of Israel!”

(From Psalm 22)

## Living the Word This Week

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

As much as possible, participate in your parish's celebration of the Paschal Triduum.

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