

Lectio Divina



Lectio Divina for the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

We begin our prayer:

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

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood

that we may always experience in ourselves the fruits of your redemption.

Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

(Collect, Solemnity of the Most Holy Body and Blood of Christ)

Reading (*Lectio*)

Read the following Scripture two or three times.
John 6:51-58

Jesus said to the Jewish crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my

flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

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?

The bread that I will give is my flesh for the life of the world. How does the Eucharist help me to live a Christian life? How can I give of myself more generously?

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. How do I express my hope for heaven by the way I live? How am I preparing my soul for eternal life?

The one who feeds on me will have life because of me. How has my faith made my life fuller and richer? What religious practices support my life of faith?

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

Closing Prayer

Glorify the LORD, O Jerusalem;
praise your God, O Zion.
For he has strengthened the bars of your gates;
he has blessed your children within you.

He has granted peace in your borders;
with the best of wheat he fills you.
He sends forth his command to the earth;
swiftly runs his word!

He has proclaimed his word to Jacob,
his statutes and his ordinances to Israel.
He has not done thus for any other nation;
his ordinances he has not made known to them. Alleluia.

(From Psalm 147)

Living the Word This Week

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

Visit a cemetery and pray for the grace of a happy death.

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