

Lectio Divina



Lectio Divina for the Solemnity of the Most Sacred Heart of Jesus

We begin our prayer:

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

Grant, we pray, almighty God,
that we, who glory in the Heart of your beloved Son
and recall the wonders of his love for us,
may be made worthy to receive
an overflowing measure of grace
from that fount of heavenly gifts.
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, Solemnity of the Sacred Heart)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you

and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

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.



United States
Conference of
Catholic Bishops



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Come to me, all you who labor and are burdened.
What burdens am I carrying right now? Who in my life is carrying burdens that I can help to carry?

I will give you rest. When and where do I rest in the Lord? How can I ensure that I have sufficient rest to care for my physical and mental health?

I am meek and humble of heart. How can I grow in humility? How can I reach out to those who are on the peripheries?

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

Closing Prayer

Bless the LORD, O my soul;
 all my being, bless his holy name.
Bless the LORD, O my soul;
 and forget not all his benefits.

He pardons all your iniquities,
 heals all your ills.
He redeems your life from destruction,
 crowns you with kindness and compassion.

Merciful and gracious is the LORD,
 slow to anger and abounding in kindness.
Not according to our sins does he deal with us,
 nor does he requite us according to our crimes.

(From Psalm 103)

Living the Word This Week

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

Research your parish or diocese's efforts to support mental health.

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.