

Lectio Divina



Lectio Divina for the Thirteenth 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 through the grace of adoption
chose us to be children of light,
grant, we pray,
that we may not be wrapped in the darkness of error
but always be seen to stand in the bright light of truth.
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, Thirteenth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 10:37-42

Jesus said to his apostles: "Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

"Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet's reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man's reward. And whoever

gives only a cup of cold water to one of these little ones to drink because the little one is a disciple—amen, I say to you, he will surely not lose his reward."

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?

Whoever does not take up his cross and follow after me is not worthy of me. What crosses am I bearing now? Are there others whose crosses I can help to carry?

Whoever finds his life will lose it, and whoever loses his life for my sake will find it. How can I learn to give more of myself in love and faith? What do I truly value in my life?

And whoever gives only a cup of cold water to one of these little ones to drink... will surely not lose his reward. Who needs my loving care? What practical assistance can I offer to those in need?

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

Closing Prayer

The promises of the LORD I will sing forever,
through all generations my mouth shall
proclaim your faithfulness.
For you have said, "My kindness is established
forever;"
in heaven you have confirmed your faithfulness.

Blessed the people who know the joyful shout;
in the light of your countenance, O LORD,
they walk.
At your name they rejoice all the day,
and through your justice they are exalted.

You are the splendor of their strength,
and by your favor our horn is exalted.
For to the LORD belongs our shield,
and the Holy One of Israel, our king.

(From Psalm 89)

Living the Word This Week

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

Discern ways to participate in the activities of the Saint Vincent DePaul Society, Project Gabriel, or the Justice for Immigrants campaign.

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