

# Lectio Divina



## Lectio Divina for the Nineteenth Week in Ordinary Time

*We begin our prayer:*

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

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
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, Nineteenth Sunday in Ordinary Time)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*  
Matthew 14:22-33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take

courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

### 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?

*He went up on the mountain by himself to pray.*  
Where do go to pray? How can I find time in my schedule for more private prayer?

*Take courage, it is I; do not be afraid.* When have I been afraid to live according to God's will? What examples of living faith courageously have inspired me?

*O you of little faith, why did you doubt?* When has my faith felt weak? How can I address experiences of doubt and fear in a healthy way?

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

## Closing Prayer

I will hear what God proclaims;  
the LORD — for he proclaims peace.  
Near indeed is his salvation to those who fear him,  
glory dwelling in our land.

Kindness and truth shall meet;  
justice and peace shall kiss.  
Truth shall spring out of the earth,  
and justice shall look down from heaven.

The LORD himself will give his benefits;  
our land shall yield its increase.  
Justice shall walk before him,  
and prepare the way of his steps.

(From Psalm 85)

## Living the Word This Week

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

Fast from social media for a day and use the extra time for prayer or spiritual reading.

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