

Lectio Divina



Lectio Divina for the Thirtieth 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,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.
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, Thirtieth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a scholar of the law tested him by asking, "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

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?

When the Pharisees heard that Jesus had silenced the Sadducees. When have I been silent in the face of injustice? When have I silenced others whose words challenged me?

You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. How do I express my love for the Lord? What change can I make in my daily life so that I can love God more fully?

You shall love your neighbor as yourself. What concrete action can I take today to express love for a neighbor? Is there any neighbor whom I have excluded from the circle of my love?

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

Closing Prayer

I love you, O LORD, my strength,
O LORD, my rock, my fortress, my deliverer.

My God, my rock of refuge,
my shield, the horn of my salvation, my
stronghold!

Praised be the LORD, I exclaim,
and I am safe from my enemies.

The LORD lives and blessed be my rock!
Extolled be God my savior.
You who gave great victories to your king
and showed kindness to your anointed.

(From Psalm 18)

Living the Word This Week

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

Before bed each night, reflect on how you have expressed your love of God and neighbor in concrete actions and make a firm resolution to do better tomorrow.

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