

Lectio Divina for the First Week of Advent

November 29, 2026

We begin our prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Keep us alert, we pray, O Lord our God,
as we await the advent of Christ your Son,
so that, when he comes and knocks,
he may find us watchful in prayer
and exultant in his praise.
Who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

(Collect, Monday of the First Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 13:33-37

Jesus said to his disciples: "Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his own work, and orders the gatekeeper to be on the watch. Watch, therefore; you do not know when the Lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: 'Watch!'"

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?

Be watchful! Be alert! When have I ignored the needs I see around me? How can I become more attentive and loving in my response?

You do not know when the time will come. How can I prepare my heart to receive Christ at Christmas? How can I prepare my soul to meet Christ at the end of my life?

May he not come suddenly and find you sleeping. What things, persons, or circumstances lull me into inattentiveness? How can I wake up to the needs of those around me?

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

Closing Prayer

O shepherd of Israel, hearken,
from your throne upon the cherubim, shine forth.
Rouse your power,
and come to save us.

Once again, O LORD of hosts,
look down from heaven, and see;
take care of this vine,
and protect what your right hand has planted
the son of man whom you yourself made strong.

May your help be with the man of your right hand,
with the son of man whom you yourself made strong.
Then we will no more withdraw from you;
give us new life, and we will call upon your name.

(From Psalm 80)

Living the Word This Week

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

Each day before bed, spend a few moments reflecting on how you responded to opportunities to serve your brothers and sisters and resolve to be more attentive.

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