

Lectio Divina



Lectio Divina for the Fourteenth Sunday 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 in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. 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, Fourteenth Sunday in Ordinary Time

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.



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Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Yes, Father, such has been your gracious will. How can I better discern God's will for my life? How can I become more docile to God's will and the promptings of the Holy Spirit?

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. How do I come to know God better? How can I help others know God?

I am meek and humble of heart. How can I grow in humility? How can I place others' needs before my own?

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

Closing Prayer:

I will extol you, O my God and King,
and I will bless your name forever and ever.
Every day will I bless you,
and I will praise your name forever and ever.

The LORD is gracious and merciful,
slow to anger and of great kindness.
The LORD is good to all
and compassionate toward all his works.

Let all your works give you thanks, O LORD,
and let your faithful ones bless you.

Let them discourse of the glory of your kingdom
and speak of your might.
The LORD is faithful in all his words
and holy in all his works.
The LORD lifts up all who are falling
and raises up all who are bowed down.

From Psalm 145

Living the Word This Week

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

Consider contributing your time, treasure, or talent to a local agency that aids the poor, such as the Saint Vincent de Paul Society or Catholic Charities.

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