

# Lectio Divina



## Lectio Divina for the Thirty-First Sunday in Ordinary Time

*We begin our prayer:*

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

Almighty and merciful God,  
by whose gift your faithful offer you  
right and praiseworthy service,  
grant, we pray,  
that we may hasten without stumbling  
to receive the things 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, Thirty-First Sunday in Ordinary Time*

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

Matthew 23:1-12

Jesus spoke to the crowds and to his disciples, saying, "The scribes and the Pharisees have taken their seat on the chair of Moses. Therefore, do and observe all things whatsoever they tell you, but do

not follow their example. For they preach but they do not practice. They tie up heavy burdens hard to carry and lay them on people's shoulders, but they will not lift a finger to move them. All their works are performed to be seen. They widen their phylacteries and lengthen their tassels. They love places of honor at banquets, seats of honor in synagogues, greetings in marketplaces, and the salutation 'Rabbi.' As for you, do not be called 'Rabbi.' You have but one teacher, and you are all brothers. Call no one on earth your father; you have but one Father in heaven. Do not be called 'Master'; you have but one master, the Christ. The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted."

### 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?



# CATHOLIC.BIBLE

*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.*

## Contemplation (*Contemplatio*)

*Read the Scripture again, followed by this reflection:*

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

*For they preach but they do not practice.* When have I failed to live according to my beliefs? How do my actions support and demonstrate my faith?

*They tie up heavy burdens hard to carry and lay them on people's shoulders, but they will not lift a finger to move them.* How have my actions added to the burdens that others must carry? How have I failed to assist others in carrying their burdens?

*The greatest among you must be your servant.* How can I offer loving service to those around me? How can I develop a servant's heart?

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

## Closing Prayer:

O LORD, my heart is not proud,  
nor are my eyes haughty;  
I busy not myself with great things,  
nor with things too sublime for me.

Nay rather, I have stilled and quieted  
my soul like a weaned child.  
Like a weaned child on its mother's lap,  
so is my soul within me.

O Israel, hope in the LORD,  
both now and forever.

*From Psalm 131*

## Living the Word This Week

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

Learn more about putting the two feet of love in action: <https://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/two-feet-of-love-in-action>

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.