

# Lectio Divina

## SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

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“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

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***“There is an urgent need, then, to see once again that faith is a light, for once the flame of faith dies out, all other lights begin to dim. The light of faith is unique, since it is capable of illuminating every aspect of human existence. A light this powerful cannot come from ourselves but from a more primordial source: in a word, it must come from God. Faith is born of an encounter with the living God who calls us and reveals his love, a love which precedes us and upon which we can lean for security and for building our lives. Transformed by this love, we gain fresh vision, new eyes to see; we realize that it contains a great promise of fulfillment, and that a vision of the future opens up before us. Faith, received from God as a supernatural gift, becomes a light for our way, guiding our journey through time.”*** –POPE FRANCIS, ENCYCLICAL *LUMEN FIDEI* (THE LIGHT OF FAITH), #4.

### Monday, July 22 ~ Sixteenth Week in Ordinary Time Saint Mary Magdalene

**Holy Gospel: John 20:1-2, 11-18** On the first day of the week, Mary Magdalene came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him." Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the Body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher. Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord," and then reported what he told her.

**Meditation:** How easy it is to miss the Lord when our focus is on ourselves! Mary Magdalene did not at first recognize the Lord because her focus was on the empty tomb and on her own grief. It took only one word from the Master, when he called her by name, for Mary to recognize him. Mary's message to the disciples, I have seen the Lord, is the very essence of Christianity. It is not enough that a Christian know about the Lord, but that we know him personally. It is not enough to argue about him, but to meet him. In the resurrection we encounter the living Lord who loves us personally and shares his glory with us.

**Prayer:** O God, whose Only Begotten Son entrusted Mary Magdalene before all others with announcing the great joy of the Resurrection, grant, we pray, that through her intercession and example we may proclaim the living Christ and come to see him reigning in your glory. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Contemplation:** The Lord gives us "eyes of faith" to see the truth of his resurrection and victory over sin and death (ref. Ephesians 1:18). The resurrection of Jesus is the foundation of our hope -- the hope that we will see God face to face and share in his everlasting glory and joy. Without having seen him you love him; though you do not now see him you believe in him and rejoice with unutterable and exalted joy. As the outcome of your faith you obtain the salvation of your souls (1 Peter 1:8-9). Do you recognize the Lord's presence with you, in his word, in his truth, in the sacraments, in the Eucharist, and in his church, the body of Christ?

**Visit:** Visit the place (now a shrine) in what is now modern-day France where Mary Magdalene reportedly lived out the last years of her life: <https://www.saintebaume.org/grotto/>

**Tuesday, July 23 ~ Sixteenth Week in Ordinary Time**  
**Saint Bridget of Sweden, Religious**

**Holy Gospel: Matthew 12:46-50** While Jesus was speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with him. Someone told him, "Your mother and your brothers are standing outside, asking to speak with you." But he said in reply to the one who told him, "Who is my mother? Who are my brothers?" And stretching out his hand toward his disciples, he said, "Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother."

**Meditation:** An important aspect of living out our Catholic faith is based on relationships – relationships that are based on love, trust, affection, commitment, loyalty, faithfulness, kindness, thoughtfulness, compassion, mercy, helpfulness, encouragement, support, strength, protection, and so many other qualities that bind persons together in mutual love, respect and unity. God offers us the greatest of relationships – union of heart, mind, and spirit with himself, the very author and source of love (ref. 1 John 4:8,16). God's love never fails, never forgets, never compromises, never lies, never lets us down nor disappoints us. His love is consistent, unwavering, unconditional, and unstoppable. Nothing can deter him from ever leaving us, ignoring us, or treating us unkindly. He will love us no matter what. It is his nature to love. That is why he created us – to be united with him and to share in his love (ref. 1 John 3:1).

**Prayer:** O God, who guided Saint Bridget of Sweden along different paths of life and wondrously taught her the wisdom of the Cross as she contemplated the Passion of your Son, grant us, we pray, that, walking worthily in our vocation, we may seek you in all things. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Contemplation:** Those who have been baptized into Jesus Christ and who live as his disciples enter into a new family – a family of children of God, of brothers and sisters in Christ. Jesus changes the order of relationships and shows that true kinship is not just a matter of flesh and blood. Our adoption as sons and daughters of God transforms all of our relationships and requires a new order of loyalty to God first and to his kingdom of righteousness and peace. Do you want to grow in love and friendship? Allow God's Holy Spirit to transform your heart, mind, and will to enable you to love freely and generously as he loves.

**Wednesday, July 24 ~ Sixteenth Week in Ordinary Time**  
**Saint Sharbel Makhluf, Priest**

**Holy Gospel: Matthew 13:1-9** On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying: "A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."

**Meditation:** Jesus' parable of the sower is aimed at the hearers of his word. There are different ways of accepting God's word and they produce different kinds of fruit accordingly. There is the prejudiced hearer who has a shut mind. Such a person is unteachable and blind to what he or she doesn't want to hear. Then there is the shallow hearer. He or she fails to think things out or think them through; they lack depth. They may initially respond with an emotional reaction; but when it wears off their mind wanders to something else. Another type of hearer is the person who has many interests or cares, but who lacks the ability to hear or comprehend what is truly important. Such a person is for ever too busy to pray or too preoccupied to study and meditate on God's word. He or she may work so hard that they are too tired to even think of anything else but their work. Then there is the one whose mind is open. Such a person is at all times willing to listen and to learn. He or she is never too proud or too busy to learn. They listen in order to understand. God gives grace to those who hunger for his word that they may understand his will and have the strength to live according to it. Do you hunger for God's word?

**Prayer:** O God, who called the Priest Saint Sharbel Makhluf to the solitary combat of the desert and imbued him with all manner of devotion, grant us, we pray, that, being made imitators of the Lord's Passion, we may merit to be co-heirs of his Kingdom. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Contemplation:** Do you hunger for God's word? Saint Matthew tells us that Jesus taught many things to those who came to listen and learn. Jesus' teaching method was a very simple one. He used parables – short stories and images taken from everyday life to convey hidden truths about the kingdom of God. Like a skillful artist, Jesus painted evocative pictures with short and simple words. As busy as we are in this day and age, we still need to carve out an ample amount of time to listen to the truths of Christ in the gospels, and to learn from him. This *Lectio Divina* is an excellent start to carving out time to learn the truths of scripture, to think about them, meditate upon them, in order to apply the teachings in one's daily living -- to be a "doer of the word, not a hearer only" (James 1:22).

## **Thursday, July 25 ~ Sixteenth Week in Ordinary Time Feast of Saint James, Apostle**

**Holy Gospel: Matthew 20:20-28** The mother of the sons of Zebedee approached Jesus with her sons and did him homage, wishing to ask him for something. He said to her, "What do you wish?" She answered him, "Command that these two sons of mine sit, one at your right and the other at your left, in your Kingdom." Jesus said in reply, "You do not know what you are asking. Can you drink the chalice that I am going to drink?" They said to him, "We can." He replied, "My chalice you will indeed drink, but to sit at my right and at my left, this is not mine to give but is for those for whom it has been prepared by my Father." When the ten heard this, they became indignant at the two brothers. But Jesus summoned them and said, "You know that the rulers of the Gentiles lord it over them, and the great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

**Meditation:** There are many who seek places of honor, position, and prestige. Many seem to have an unquenchable thirst for fame and recognition, to seek the limelight and be the center of attention, to have their voice or opinion heard through a web site for example. Should we be surprised to see some of the disciples of Jesus thirsting for power, authority, and position? James and John, the sons of Zebedee, urged their mother to strike a deal with Jesus, their Master. They wanted the distinction of being in the highest position of authority and power, next to Jesus, of course! When Jesus called the twelve apostles to be his inner circle of disciples who would rule on his behalf, he did the unthinkable! He taught contrary to their understanding of power and position, by reversing the order of master and servant, lord and subject, first and last!

**Prayer:** Almighty ever-living God, who consecrated the first fruits of your Apostles by the blood of Saint James, grant, we pray, that your Church may be strengthened by his confession of faith and constantly sustained by his protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Contemplation:** What kind of cup does the Lord have in mind for us? For some such a cup entails physical suffering and the painful struggle of martyrdom. But for many, it entails the long routine of the Christian life, with all its daily sacrifices, disappointments, set-backs, challenges, struggles, and temptations. As disciples we must always be ready to lay down our lives in martyrdom for the sake of the gospel and be ready to lay it down each and every day in the little and big sacrifices required. What makes such sacrifice a joy rather than a burden? It is love — the kind of "love which God has poured into our hearts through the Holy Spirit which has been given to us" (ref. Romans 5:5). An early church father summed up Jesus' teaching with the expression: "to serve is to reign with Christ." We share in God's reign by laying down our lives in humble service and love for one another, just as Jesus did for our sake. Are you ready to lay down your life and to serve others as Jesus has taught and modeled for us?

**About Saint James:** In Spain, he is called El Señor Santiago, the patron saint of horsemen and soldiers, and his great shrine at Santiago de Compostela in that country has been a place of pilgrimage for centuries. He is one of those that Jesus called Boanerges, "son of thunder," the brother of John the Evangelist and the son of Zebedee the fisherman from Galilee. St. James the Greater and his brother John were apparently partners with those other two brothers, Peter and Andrew, and lived in Bethsaida, on the north shore of the Sea of Galilee. How and where James first met Jesus, we do not know; but there is an old legend that makes Salome, his mother, a sister of Mary, and if this were the case, he would have known Jesus from childhood. Along with Peter and his brother John, James was part of the inner circle of Jesus, who witnessed the Transfiguration, were witnesses to certain of His miracles, like the raising of the daughter of Jairus, and accompanied Him to the Garden of Gethsemani. Like his brother, he was active in the work of evangelization after the death of Jesus, and one legend, very unlikely, even has him going to Spain after Jesus' resurrection. His prominence and his presence in Jerusalem must have been well

known, for scarcely a dozen years after the Resurrection, he became involved in the political maneuverings of the day and was arrested and executed by King Herod Agrippa. This was followed by the arrest of Peter also, so his death must have been part of a purge of Christian leaders by Agrippa, who saw the new Christian movement as a threat to Judaism. Jesus had foretold this kind of fate when He prophesied that James and his brother John would "drink of the same chalice" of suffering as Himself. The two brothers had asked to be seated at the right of Jesus and at His left in His kingdom, and Jesus told them that they would be with Him in a far different way than they expected. James's death is the only biblical record we have of the death of one of the Apostles, and he was the first of that chosen band to give his life for his Master.

## **Friday, July 26 ~ Sixteenth Week in Ordinary Time** **Saints Joachim and Anne, parents of the Blessed Virgin Mary**

**Holy Gospel: Matthew 13:18-23** Jesus said to his disciples: "Hear the parable of the sower. The seed sown on the path is the one who hears the word of the Kingdom without understanding it, and the Evil One comes and steals away what was sown in his heart. The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he immediately falls away. The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit. But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirty-fold."

**Meditation:** This parable of Jesus is a warning to those who hear and who preach the word of God. What makes us ineffective and unresponsive to God's word? Preoccupation with other things can distract us from what is truly important and worthwhile. And letting our hearts and minds be consumed with material things can easily weigh us down and draw us away from the treasure that lasts for eternity. God's word can only take root in a receptive heart which is docile and ready to hear what God has to say. One lesson is quite clear: the harvest is sure. While some seed will fall by the wayside and some fall on shallow ground and never come to maturity, and some be choked to death by the thorns; nonetheless a harvest will come. The seed that falls on good soil, on the heart that is receptive, will reap abundant fruit.

**Prayer:** O Lord, God of our Fathers, who bestowed on Saints Joachim and Anne this grace, that of them should be born the Mother of your incarnate Son, grant, through the prayers of both, that we may attain the salvation you have promised to your people. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Contemplation:** To respond to this parable, we need to look at the story as if we are the seed. Many who hear the Gospel never seem to "get it." The message is forgotten before it ever takes root. Statistically, 50% of all Catholic youth who receive the sacraments disappear somewhere between age 18 and 35. Shallow roots fail to equip them to take the heat of our secular culture. Then there are the 89% of lifelong, regular churchgoers who, according to a Gallup Poll, embrace the values and lifestyles identical to those of their secular neighbors, devoid of anything rooted in the laws of God or the teachings of Jesus Christ. Their Catholic faith has been neutralized by poor theology, poor catechesis, and a focus on worldliness. Then there are those who stay away from serious sin, manage to do some good for some people, but all in all produce a mediocre harvest. Finally there are those who are not satisfied with just getting by. They sink their roots deep into the truths of Scripture, tradition, prayer and the sacraments, and as a result produce a bumper crop. So, what kind of seed are you?

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;  
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;  
information about saints, solemnities, feasts and memorials courtesy of Catholic Culture.

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