

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“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)

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

Monday, March 23 ~ Fourth Week in the Season of Lent

Holy Gospel: John 4:43-54 At that time Jesus left [Samaria] for Galilee. For Jesus himself testified that a prophet has no honor in his native place. When he came into Galilee, the Galileans welcomed him, since they had seen all he had done in Jerusalem at the feast; for they themselves had gone to the feast. Then he returned to Cana in Galilee, where he had made the water wine. Now there was a royal official whose son was ill in Capernaum. When he heard that Jesus had arrived in Galilee from Judea, he went to him and asked him to come down and heal his son, who was near death. Jesus said to him, "Unless you people see signs and wonders, you will not believe." The royal official said to him, "Sir, come down before my child dies." Jesus said to him, "You may go; your son will live." The man believed what Jesus said to him and left. While the man was on his way back, his slaves met him and told him that his boy would live. He asked them when he began to recover. They told him, "The fever left him yesterday, about one in the afternoon." The father realized that just at that time Jesus had said to him, "Your son will live," and he and his whole household came to believe. Now this was the second sign Jesus did when he came to Galilee from Judea.

Meditation: Isaiah prophesied that God would establish a new heavens and earth when he came to restore his people. Jesus' miracles are signs that manifest the presence and power of God's kingdom. When a Gentile official heard the reports of Jesus' preaching and miracles, he decided to seek Jesus out for an extraordinary favor. It took raw courage for a Gentile court official to travel twenty miles in search of Jesus, the Galilean carpenter. He had to swallow his pride and put up with some ridicule from his cronies. And when he found the healer carpenter, Jesus seemed to put him off with the blunt statement that people would not believe unless they saw some kind of miracle or sign from heaven. Jesus likely said this to test the man to see if his faith was in earnest. If he turned away discouraged or irritated, he would prove to be insincere. Jesus, perceiving his faith, sent him home with the assurance that his prayer had been heard.

Prayer: O God, who renew the world through mysteries beyond all telling, grant, we pray, that your Church may be guided by your eternal design. 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: If you think about it, it was probably not easy for this man to leave Jesus and go back home only with the assuring word that his son would be healed. Couldn't Jesus have come to this man's home and touched his dying child? The court official believed and surrendered to Jesus. He was ready to return home and face ridicule and laughter because he trusted in Jesus' word. God's mercy shows his generous love -- a love that bends down in response to our misery and wretchedness. Do you approach the Lord Jesus with the readiness to believe in his word and to do whatever he commands?

Tuesday, March 24 ~ Fourth Week in the Season of Lent

Holy Gospel: John 5:1-16 There was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem at the Sheep Gate a pool called in Hebrew Bethesda, with five porticoes. In these lay a large number of ill, blind, lame, and crippled. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; while I am on my way, someone else gets down there before me." Jesus said to him, "Rise, take up your mat, and walk." Immediately the man became well, took up his mat, and walked. Now that day was a Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, and it is not lawful for you to carry your mat." He answered them, "The man who made me well told me, 'Take up your mat and

walk." They asked him, "Who is the man who told you, 'Take it up and walk'?" The man who was healed did not know who it was, for Jesus had slipped away, since there was a crowd there. After this Jesus found him in the temple area and said to him, "Look, you are well; do not sin any more, so that nothing worse may happen to you." The man went and told the Jews that Jesus was the one who had made him well. Therefore, the Jews began to persecute Jesus because he did this on a Sabbath.

Meditation: Water has the power to transform everything it touches – water brings life, healing, and restoration. Jesus offers himself as the source of this living water which he will pour out upon his disciples in the gift of the Holy Spirit. The signs and miracles which Jesus performed manifest the power and presence of God's kingdom and they demonstrate the love and mercy God has for his people. In the pool at Bethesda we see an individual's helplessness overcome by God's mercy and power. On this occasion Jesus singles out an incurable invalid, helpless and hopeless for almost forty years. He awakens hope when he puts a probing question to the man, "Do you really want to be healed?" And he then orders him to "get up and walk!"

Prayer: May the venerable exercises of holy devotion shape the hearts of your faithful, O Lord, to welcome worthily the Paschal Mystery and proclaim the praises of your salvation. 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.

Contemplation: God wants to free us from the power of sin and make us whole. But he will not force our will. The first essential step towards growth and healing for us is the internal desire for change. If we are content to stay as we are, then no amount of coaxing will change us. And if this is the case then we need to ask ourselves: how stubborn and/or prideful are we? Everything that God does for us, everything that Jesus does for us is out of love for us. The Lord manifests his power and saving grace towards those who desire transformation of life in Christ. The Lord approaches each of us with an important and probing question: "Do you really want to be changed, to be set free from the power of sin, and to be transformed in my holiness?" How we respond has life-long implications.

Wednesday, March 25 ~ Fourth Week in the Season of Lent Solemnity of the Annunciation of the Lord

Holy Gospel: Luke 1:26-38 The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

Meditation: In this particular passage of sacred scripture we see the fulfillment of Isaiah's prophecy and the unfolding of God's plan of redemption in the events leading up to the Incarnation, the birth of the Messiah. The new era of salvation begins with the conception of Jesus in the womb of Mary. This child to be born is conceived by the action of the Holy Spirit upon Mary, who finds favor with God. As Eve was the mother of all humanity doomed to sin, now Mary becomes the mother of the new Adam who will father a new humanity by his grace (ref. Romans 5:12-21).

Prayer: O God, who willed that your Word should take on the reality of human flesh in the womb of the Virgin Mary, grant, we pray, that we, who confess our Redeemer to be God and man, may merit to become partakers even in his divine nature. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Contemplation: How does Mary respond to the word of God delivered by the angel Gabriel? She knows she is hearing something beyond human capability. It will surely take a miracle which surpasses all that God has done previously. Her question, "how shall this be, since I have no husband" is not prompted by doubt or skepticism, but by wonderment! She is a true hearer of the Word and she immediately responds with faith, trust, and without hesitation. Mary's prompt response of "yes" to the divine message is a model

of faith for all believers. Mary believed God's promises even when they seemed impossible. She was full of grace because she trusted that what God said was true and would be fulfilled. She was willing and eager to do God's will, even if it seemed difficult or costly. Mary is the "mother of God" because God becomes incarnate when he takes on flesh in her womb. When we pray the Nicene Creed we state our confession of faith in this great mystery: "For us men and for our salvation he came down from heaven; by the power of the Holy Spirit, he became incarnate of the Virgin Mary, and was made man." God gives us grace and he expects us to respond with the same willingness, obedience, and heartfelt trust as Mary did. When God commands he also gives the help, strength, and means to respond. We can either yield to his grace or resist and go our own way. Going our own way leads to nowhere; following Christ leads to eternal life.

Thursday, March 26 ~ Fourth Week in the Season of Lent

Holy Gospel: John 5:31-47 Jesus said to the Jews: "If I testify on my own behalf, my testimony is not true. But there is another who testifies on my behalf, and I know that the testimony he gives on my behalf is true. You sent emissaries to John, and he testified to the truth. I do not accept human testimony, but I say this so that you may be saved. He was a burning and shining lamp, and for a while you were content to rejoice in his light. But I have testimony greater than John's. The works that the Father gave me to accomplish, these works that I perform testify on my behalf that the Father has sent me. Moreover, the Father who sent me has testified on my behalf. But you have never heard his voice nor seen his form, and you do not have his word remaining in you, because you do not believe in the one whom he has sent. You search the Scriptures, because you think you have eternal life through them; even they testify on my behalf. But you do not want to come to me to have life. "I do not accept human praise; moreover, I know that you do not have the love of God in you. I came in the name of my Father, but you do not accept me; yet if another comes in his own name, you will accept him. How can you believe, when you accept praise from one another and do not seek the praise that comes from the only God? Do not think that I will accuse you before the Father: the one who will accuse you is Moses, in whom you have placed your hope. For if you had believed Moses, you would have believed me, because he wrote about me. But if you do not believe his writings, how will you believe my words?"

Meditation: Do you know the joy of embracing the teachings and challenges in the gospel? Do you understand the joy of fully submitting yourself to Jesus Christ? Jesus' opponents refused to accept his divine authority and claim to be the only Son from the Father. They demanded evidence for his Messianic claim and equality with God. Jesus answers their charges with the supporting evidence of witnesses. The Mosaic law had laid down the principle that the unsupported evidence of one person shall not prevail against a man for any crime or wrong in connection with any offence he committed (see Deuteronomy 17:6). At least two or three witnesses were needed. Jesus begins his defense by citing John the Baptist as a witness, since John publicly pointed to Jesus as the Messiah and had repeatedly borne witness to him (see John 1:19, 20, 26, 29, 35, 36). Jesus also asserts that a greater witness to his identity are the signs he performed. He cites his works, not to point to himself but to point to the power of God working in and through him. He cites God as his supreme witness.

Prayer: We invoke your mercy in humble prayer, O Lord, that you may cause us, your servants, corrected by penance and schooled by good works, to persevere sincerely in your commands and come safely to the paschal festivities. 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: Jesus asserts that the scriptures themselves, including the books of Moses, point to himself as the Messiah, the promised Savior. The problem with the scribes and Pharisees was that they did not believe what Moses had written. They desired the praise of their fellow humans and because of that they were unable to recognize and understand the word of God. Their pride made them deaf to God's voice. God reveals himself to the lowly, to those who trust not in themselves, but in God. The Lord opens the ears of those who are eager to hear his voice and he fills their hearts and minds with his love and wisdom. Saint Augustine once said: "As Christians, our task is to make daily progress toward God. Our pilgrimage on earth is a school in which God is the only teacher, and it demands good students, not ones who play truant. In this school we learn something every day. We learn something from commandments, something from examples, and something from sacraments. These things are remedies for our wounds and materials for study." So we must ask ourselves: Are you an eager student of God's word and do you listen to it with faith and trust? If not, why not?

Friday, March 27 ~ Fourth Week in the Season of Lent

Holy Gospel: John 7:1-2, 10, 25-30 Jesus moved about within Galilee; he did not wish to travel in Judea, because the Jews were trying to kill him. But the Jewish feast of Tabernacles was near. But when his brothers had gone up to the feast, he himself also went up, not openly but as it were in secret. Some of the inhabitants of Jerusalem said, "Is he not the one they are trying to kill? And look, he is speaking openly and they say nothing to him. Could the authorities have realized that he is the Christ? But we know where he is from. When the Christ comes, no one will know where he is from." So Jesus cried out in the temple area as he was teaching and said, "You know me and also know where I am from. Yet I did not come on my own, but the one who sent me, whom you do not know, is true. I know him, because I am from him, and he sent me." So they tried to arrest him, but no one laid a hand upon him, because his hour had not yet come.

Meditation: What can hold us back from doing the will of God? Fear, especially the fear of death, can easily rob us of courage and the will to do what we know is right. Jesus met opposition and the threat of death with grace and determination to accomplish his Father's will. Jesus knew that his mission, his purpose in life, would entail sacrifice and suffering and culminate with death on the cross. But that would not be the end. His "hour" would crush defeat with victory, condemnation with pardon and freedom, and death with glory and everlasting life. He willingly suffered and went to the cross for our sake, to redeem us from sin and to restore our relationship with God the Father. Saint Augustine once noted: "Our Lord had the power to lay down his life and to take it up again. But we cannot choose how long we shall live, and death comes to us even against our will. Christ, by dying, has already overcome death. Our freedom from death comes only through his death. To save us Christ had no need of us. Yet without him we can do nothing. He gave himself to us as the vine to the branches; apart from him we cannot live."

Prayer: O God, who have prepared fitting helps for us in our weakness, grant we pray, that we may receive their healing effects with joy and reflect them in a holy way of life. 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: Despite how modern, sophisticated, or knowledgeable we may look upon or feel about ourselves, no one can be indifferent toward Jesus for long. What Jesus said and did – his teachings, his signs and wonders – he did in the name of God our Father. Jesus not only claimed to be the Messiah, God's Anointed One, he claimed to be in a unique relationship with God and to know him as no one else did. To the Jews this was utter blasphemy. The religious authorities did all they could to put a stop to Jesus because they could not accept his claims and the demands he made. We cannot be indifferent to the claims which Jesus makes on us. We are either for Jesus or we are against him – there is no middle ground; the choice is always ours. We can try to mold Jesus to our own ideas and preferences or we can allow his word to free us from our own ignorance, stubborn pride, and deception. Do you accept all that Jesus has said and done for you with faith and reverence or with disbelief and contempt? The consequences are enormous, folks, both in this life and in eternity. Everything that Jesus did was for our salvation – every man woman and child past, present and future. As God said to those on Mount Tabor: "This is my beloved Son with whom I am well pleased; listen to him" (Matthew 17:5). Please listen to Jesus, folks – hear what he is saying to you – especially in these challenging times – and open your mind and your heart to him, and walk always in the footsteps of Christ. Follow him!

A PRAYER FOR OUR TIMES

*My loving God and Father, I come before You to lay my fears and anxieties at Your feet.
When I am crushed by my fears and worries, remind me of Your power and Your grace.*

Fill me with Your peace as I trust in You and You alone.

*I know that I cannot face this situation on my own (NAME YOUR INTENTION HERE),
but I also know that I have You, Lord, Who are always at my side,
and have already paid the ultimate price to carry my burdens.*

*Give me the strength and perseverance to turn to You in my time of need,
and to lovingly follow You wherever You lead me. Amen.*

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops. Daily meditations and contemplations adapted from the Irish Jesuits' *Sacred Space* web page and *Biblical Medications for Lent* by Rev. Carroll Stuhlmuehler, C.P.; prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.