

# 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)

***"Mary is the Mother of the Church not only because she is the Mother of Christ and His most intimate associate in 'the new economy when the Son of God took a human nature from her, that He might in the mysteries of his flesh free man from sin,' but also because 'she shines forth to the whole community of the elect as a model of the virtues.'"*** ~SECOND VATICAN COUNCIL, *LUMEN GENTIUM* 55, 65

*The month of May is the "month which the piety of the faithful has especially dedicated to Our Blessed Lady," and it is the occasion for a "moving tribute of faith and love which Catholics in every part of the world [pay] to the Queen of Heaven. During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts an especially fervent and loving homage of prayer and veneration. In this month, too, the benefits of God's mercy come down to us from her throne in greater abundance.*

EXCERPTED FROM POPE PAUL VI'S ENCYCLICAL ON THE MONTH OF MAY, NO. 1

TO READ THE ENCYCLICAL IN ITS ENTIRETY PLEASE VISIT:

[HTTP://WWW.VATICAN.VA/CONTENT/PAUL-VI/EN/ENCYCLICALS/DOCUMENTS/HF\\_P-VI\\_ENC\\_29041965\\_MENSE-MAIO.HTML](http://www.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_29041965_mense-maio.html)

### Monday, May 4 ~ Fourth Week in the Season of Easter

**Holy Gospel: John 10:11-18** Jesus said: "I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep. I have other sheep that do not belong to this fold. These also I must lead, and they will hear my voice, and there will be one flock, one shepherd. This is why the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down on my own. I have power to lay it down, and power to take it up again. This command I have received from my Father."

**Meditation:** The peace and security of the Good Shepherd – Jesus Christ, who watches over us as members of his flock – is something that we can find great comfort and joy. The Old Testament often speaks of God as shepherd of his people, Israel. *The Lord is my shepherd, I shall not want* (Psalm 23:1). *Give ear, O Shepherd of Israel, you who lead Joseph like a flock!* (Psalm 80:1) *We are his people, and the sheep of his pasture* (Psalm 100:3). The Messiah is also pictured as the shepherd of God's people: *He will feed his flock like a shepherd, he will gather the lambs in his arms* (Isaiah 40:11). In the New Testament Jesus lets us know that he is the *Good Shepherd* who will risk his life to seek out and save the stray sheep (Matthew 18:12, Luke 15:4). He is the *Shepherd and Guardian of our souls* (1 Peter 2:25).

**Prayer:** O God, perfect light of the blessed, by whose gift we celebrate the paschal mysteries on earth, bring us, we pray, to rejoice in the full measure of your grace for ages unending. 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 made three promises to those who take up his two word invitation – "Follow me." To those who follow Christ he promised them everlasting life. If they accept him and follow him, they will have the life of God in them. Jesus also promised them a life that would know no end. Death would not be the end but the beginning; they would know the glory of indestructible life. Jesus promised a life that was secure. Jesus said that nothing would snatch them out of his hand, not even sorrow and death, since he is everlasting life itself. Our lives are safe in his hands.

## Tuesday, May 5 ~ Fourth Week in the Season of Easter

**Holy Gospel: John 10:22-30** The feast of the Dedication was taking place in Jerusalem. It was winter. And Jesus walked about in the temple area on the Portico of Solomon. So the Jews gathered around him and said to him, "How long are you going to keep us in suspense? If you are the Christ, tell us plainly." Jesus answered them, "I told you and you do not believe. The works I do in my Father's name testify to me. But you do not believe, because you are not among my sheep. My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish. No one can take them out of my hand. My Father, who has given them to me, is greater than all, and no one can take them out of the Father's hand. The Father and I are one."

**Meditation:** Saint Cyril, a Father of the Church, comments on Jesus as our Good Shepherd: "He shows in what manner a shepherd may be proved good; and He teaches that he must be prepared to give up his life fighting in defense of his sheep, which was fulfilled in Christ. For man has departed from the love of God, and fallen into sin, and because of this was, I say, excluded from the divine abode of paradise, and when he was weakened by that disaster, he yielded to the devil tempting him to sin, and death following that sin he became the prey of fierce and ravenous wolves. But after Christ was announced as the True Shepherd of all men, He laid down his life for us (1 John 3:16), fighting for us against that pack of inhuman beasts. He bore the Cross for us, that by His own death he might destroy death. He was condemned for us, that He might deliver all of us from the sentence of punishment: the tyranny of sin being overthrown by our faith: fastening to the Cross the decree that stood against us, as it is written (Colossians 2:14). Therefore as the father of sin had as it were shut up the sheep in hell, giving them to death to feed on, as it is written in the psalms (Ps. XLviii.16), He died for us as truly Good, and truly our Shepherd, so that the dark shadow of death driven away He might join us to the company of the blessed in heaven; and in exchange for abodes that lie far in the depths of the pit, and in the hidden places of the sea, grant us mansions in His Father's House above. Because of this he says to us in another place: Fear not, little flock, for it has pleased your Father to give you a kingdom (Luke 12:32)."

**Prayer:** Grant, we pray, almighty God, that, celebrating the mysteries of the Lord's Resurrection, we may merit to receive the joy of our redemption. 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 promises the security of peace and protection from evil and the greatest harm that could befall us – eternal destruction. The Lord does not spare us from all trouble. In this life we will experience pain, suffering, sickness, and death. But through these the Lord will lead us to ultimate victory and safety in his everlasting home. Even in the midst of our sufferings we can find a peace and security which no one can give except God alone. We can confidently follow the Lord wherever he leads, trusting that nothing can keep us from God *if* we trust in him. Which begs the question: Have you placed your life securely in God where it belongs?

## Wednesday, May 6 ~ Fourth Week in the Season of Easter

**Holy Gospel: John 12:44-50** Jesus cried out and said, "Whoever believes in me believes not only in me but also in the one who sent me, and whoever sees me sees the one who sent me. I came into the world as light, so that everyone who believes in me might not remain in darkness. And if anyone hears my words and does not observe them, I do not condemn him, for I did not come to condemn the world but to save the world. Whoever rejects me and does not accept my words has something to judge him: the word that I spoke, it will condemn him on the last day, because I did not speak on my own, but the Father who sent me commanded me what to say and speak. And I know that his commandment is eternal life. So what I say, I say as the Father told me."

**Meditation:** God does not leave us in our ignorance and unbelief. Through the gift of the Holy Spirit he helps us to grow in faith, knowledge and understanding of his word. Saint Augustine summed up rather succinctly our need for God's help in the following prayer: "God our Father, we find it difficult to come to you, because our knowledge of you is imperfect. In our ignorance we have imagined you to be our enemy; we have wrongly thought that you take pleasure in punishing our sins; and we have foolishly conceived you to be a tyrant over human life. But since Jesus came among us, he has shown that you are loving, and that our resentment against you was groundless." Do you want to know more of God and his transforming love? Look to Jesus, the Light of God, and in his truth you will find joy, freedom, and wholeness of mind, body and soul.

**Prayer:** O God, life of the faithful, glory of the humble, blessedness of the just, listen kindly to the prayers of those who call on you, that they who thirst for what you generously promise may always have their fill of your plenty. 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 see Jesus is to see God. To hear his words is to hear the voice of God. He is the very light of God that has power to overcome the darkness of sin, ignorance, and unbelief. God's light and truth brings healing, pardon, and transformation. This light is not only for the chosen people of Israel, but for the whole world as well. Jesus warns that if we refuse his word or take it lightly, we choose to remain in spiritual darkness. Jesus made it clear that he did not come to condemn us, but rather to bring abundant life and freedom from the oppression of sin, ignorance and evil. We condemn ourselves when we reject God's wisdom and truth. It is one thing to live in ignorance due to lack of knowledge, but another thing to disdain those who teach us true wisdom and knowledge. Jesus says that his word which we have heard will be our judge. Do you believe that God's word has power to change and transform your life?

### **Thursday, May 7 ~ Fourth Week in the Season of Easter**

**Holy Gospel: John 13:16-20** When Jesus had washed the disciples' feet, he said to them: "Amen, amen, I say to you, no slave is greater than his master nor any messenger greater than the one who sent him. If you understand this, blessed are you if you do it. I am not speaking of all of you. I know those whom I have chosen. But so that the Scripture might be fulfilled, the one who ate my food has raised his heel against me. From now on I am telling you before it happens, so that when it happens you may believe that I AM. Amen, amen, I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me."

**Meditation:** Jesus loved his disciples to the end and proved his faithfulness to them even to death on the cross. Through his death and resurrection Jesus opened a new way of relationship and friendship with God. Jesus tells his disciples that if they accept him they also accept the Father who sent him. This principle extends to all who belong to Christ and who speak in his name. To accept the Lord's messenger is to accept Jesus himself. The great honor and the great responsibility that any Christian has is to stand in the world for Jesus Christ. As his disciples and ambassadors (2 Cor. 5:20), we are called to speak for him and to act on his behalf. Are you ready to stand for Jesus at the cross of humiliation, rejection, opposition, and suffering?

**Prayer:** O God, who restore human nature to yet greater dignity than at its beginnings, look upon the amazing mystery of your loving kindness, and in those you have chosen to make new through the wonder of rebirth may you preserve the gifts of your enduring grace and blessing. 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:** Have you ever given any thought as to how you treat those who cause you grief or harm? Especially those who are close to you in some way? In his last supper discourse, Jesus addressed the issue of fidelity and disloyalty in relationships. Jesus knew beforehand that one of his own disciples would betray him. Such knowledge could have easily led Jesus to distance himself from such a person and to protect himself from harm's way. Instead, Jesus expresses his love, affection, and loyalty to those who were his own, even to the one he knew would "stab him in the back" when he got the opportunity. Jesus used a quotation from Psalm 4:9 which describes an act of treachery by one's closest friend. In the culture of Jesus' day, to eat bread with someone was a gesture of friendship and trust. Jesus extends such friendship to Judas right at the moment when Judas is conspiring to betray his master. The expression lift his heel against me reinforces the brute nature of this act of violent rejection.

### **Friday, May 8 ~ Fourth Week in the Season of Easter**

**Holy Gospel: John 14:1-6** Jesus said to his disciples: "Do not let your hearts be troubled. You have faith in God; have faith also in me. In my Father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. Where I am going you know the way." Thomas said to him, "Master, we do not know where you are going; how can we know the way?" Jesus said to him, "I am the way and the truth and the life. No one comes to the Father except through me."

**Meditation:** The Lord Jesus came to fulfill God's promise to bring his people, not simply to a land flowing with milk and honey, but to a restored paradise and new creation where we can dwell with God in perfect peace and unity. That is why Jesus proclaims, "I am the way, and the truth, and the life." Jesus does not

simply give advice and direction. He personally is the Way, and we cannot miss it. Through his life-giving word and Spirit, Jesus leads and guides us personally every day. The Lord Jesus also is the Truth. Many can say, "I have taught you the truth." Only Jesus can say, I am the Truth. Moral truth cannot be conveyed in words alone; it must be conveyed in example. Jesus embodies the truth in his person. Jesus also is the Life. He not only shows us the path of life (Psalm 16:11); he gives the kind of life which only God can give – abundant life which never fails nor ends. Is there any fear or trouble that keeps you from the perfect peace and happiness of a life surrendered to Jesus Christ?

**Prayer:** O God, author of our freedom and of our salvation, listen to the voice of our pleading and grant that those you have redeemed by the shedding of your Son's Blood may have life through you and, under your protection, rejoice ever unharmed. We pray this through Christ our Lord. Amen.

**Contemplation:** As much as we try to avoid it, we all inevitably encounter trouble and difficulties we find hard to endure. Life is not a bowl of cherries, or bed of roses – cherries have pits, and roses have thorns. Jesus knew his disciples would have to face trials and persecution after he left them to return to his Father in heaven. Adversity can make us lose hope and become discouraged, or it can press us closer to God and to his promises. "It is the LORD who goes before you; he will be with you, he will not fail you or forsake you; do not fear or be dismayed" (Deuteronomy 31:8). Just as God went ahead of the Israelites in the wilderness to lead them safely to the promised land, Jesus tells his disciples that he is going ahead to prepare a place for them in God's house – a place of refuge, peace, and security, and everlasting happiness. The greatest fear in this present life – whether it be the separation and loss of life to a loved one or the threat to one's own life – is put to rest by Jesus' promise that we will live forever with him and the Father in their heavenly home.

**Prayer of Pope Francis  
to the  
Blessed Virgin Mary  
During the Coronavirus Pandemic**

*O Mary,  
you always shine on our path  
as a sign of salvation and of hope.  
We entrust ourselves to you, Health of the Sick,  
who at the cross took part in Jesus' pain, keeping your faith firm.  
You, Salvation of the Roman People,  
know what we need,  
and we are sure you will provide  
so that, as in Cana of Galilee,  
we may return to joy and to feasting  
after this time of trial.  
Help us, Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who has taken upon himself our sufferings  
and carried our sorrows  
to lead us, through the cross,  
to the joy of the resurrection. Amen.*

*Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.*

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