

# 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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***“The spiritual life is first of all a life.***

***It is not merely something to be known and studied, it is to be lived.”***

**EXCERPTED FROM “THOUGHTS IN SOLITUDE” BY FR. THOMAS MERTON, OCSO**

**Monday, February 22 ~ First Week in the Season of Lent  
Feast of the Chair of Saint Peter, Apostle**

**Holy Gospel: Matthew: 13:16-19** When Jesus went into the region of Caesarea Philippi he asked his disciples, “Who do people say that the Son of Man is?” They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter said in reply, “You are the Christ, the Son of the living God.” Jesus said to him in reply, “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the Kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.”

**Meditation:** Jesus tests his disciples with a basic, yet crucial question: “Who do men say that I am” followed by “who do you say that I am?” Jesus was widely recognized in Israel as a mighty man of God, even being compared with the greatest of the prophets -- John the Baptist, Elijah, and Jeremiah. Peter, always quick to respond, exclaimed that he was the Christ, the Son of the living God. No mortal being could have revealed this to Peter; but only God. Jesus then confers on Peter authority to govern the church that Jesus would build, a church that no powers would overcome. Jesus plays on Peter's name which is the same word for “rock” in both Aramaic and Greek. To call someone a “rock” is one of the greatest of compliments. The ancient rabbis had a saying that when God saw Abraham, he exclaimed: “I have discovered a rock to found the world upon”. Through Abraham God established a nation for himself. Through faith Peter grasped who Jesus truly was. He was the first apostle to recognize Jesus as the Anointed One (Messiah and Christ) and the only begotten Son of God. The Lord Jesus tests each of us personally with the same question: “Who do you say that I am?”

**Prayer:** Grant, we pray, almighty God, that no tempests may disturb us, for you have set us fast on the rock of the Apostle Peter's confession of faith. 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 Christ also asked each one of us: “Who do you say that I am?” Obviously your personal response has life-long, even eternal ramifications. A wonderful response to come not only from your lips, but from deep from within your heart would be: “Lord Jesus, I profess and believe that you are the Christ, the Son of the living God. You are my Lord and my Savior. Make my faith strong and help me to live in the victory of the cross by rejecting sin and by accepting your will.” Your response to Jesus' question requires sincere thought and discernment. But more importantly it requires action in how we think, speak, and live out our daily lives. Does your life reflect that of an authentic disciple of Christ?

**About the Feast of the Chair of Saint Peter:** This feast brings to mind the mission of teacher and pastor conferred by Christ on Peter, and continued in an unbroken line down to the present Pope. We celebrate the unity of the Church, founded upon the Apostle, and renew our assent to the Magisterium of the Roman Pontiff, extended both to truths which are solemnly defined *ex cathedra*, and to all the acts of the ordinary Magisterium.

**Tuesday, February 23 ~ First Week in the Season of Lent**

**Holy Gospel: Matthew 6:7-15** Jesus said to his disciples: “In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows

what you need before you ask him. "This is how you are to pray: Our Father who art in heaven, hallowed be thy name, thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. "If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive your transgressions."

**Meditation:** We can approach God confidently because he is waiting with arms wide open to receive his prodigal sons and daughters. That is why Jesus gave his disciples the perfect prayer that dares to call God, Our Father. This prayer teaches us how to ask God for the things we really need, the things that matter not only for the present but for eternity as well. We can approach God our Father with confidence and boldness because Christ has opened the way to heaven for us through his death and resurrection. When we ask God for help, he fortunately does not give us what we deserve. Instead, he responds with grace and mercy. He is kind and forgiving towards us and he expects us to treat our neighbor the same.

**Prayer:** Look upon your family, Lord, that, through the chastening effects of bodily discipline, our minds may be radiant in your presence with the strength of our yearning for you. 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:** Consider this day in Lent what Saint John Cassian wrote about the Lord's Prayer and the necessity of forgiving others from the heart: "The mercy of God is beyond description. While he is offering us a model prayer he is teaching us a way of life whereby we can be pleasing in his sight. But that is not all. In this same prayer he gives us an easy method for attracting an indulgent and merciful judgment on our lives. He gives us the possibility of ourselves mitigating the sentence hanging over us and of compelling him to pardon us. What else could he do in the face of our generosity when we ask him to forgive us as we have forgiven our neighbor? If we are faithful in this prayer, each of us will ask forgiveness for our own failings after we have forgiven the sins of those who have sinned against us, not only those who have sinned against our Master. There is, in fact, in some of us a very bad habit. We treat our sins against God, however appalling, with gentle indulgence: but when by contrast it is a matter of sins against us ourselves, albeit very tiny ones, we exact reparation with ruthless severity. Anyone who has not forgiven from the bottom of the heart the brother or sister who has done him wrong will only obtain from this prayer his own condemnation, rather than any mercy." Thus we need to honestly ask ourselves: do I treat others as the Lord has instructed me -- with mercy, steadfast love, and kindness?

### **Wednesday, February 24 ~ First Week in the Season of Lent**

**Holy Gospel: Luke 11:29-32** While still more people gathered in the crowd, Jesus said to them, "This generation is an evil generation; it seeks a sign, but no sign will be given it, except the sign of Jonah. Just as Jonah became a sign to the Ninevites, so will the Son of Man be to this generation. At the judgment the queen of the south will rise with the men of this generation and she will condemn them, because she came from the ends of the earth to hear the wisdom of Solomon, and there is something greater than Solomon here. At the judgment the men of Nineveh will arise with this generation and condemn it, because at the preaching of Jonah they repented, and there is something greater than Jonah here."

**Meditation:** The Lord Jesus came to set us free from slavery to sin and hurtful desires. Through the gift of the Holy Spirit he pours his love into our hearts that we may understand his will for our lives and walk in his way of holiness. God searches our hearts, not to condemn us, but to show us where we need his saving grace and help. He calls us to seek him with true repentance, humility, and the honesty to see our sins for what they really are – a rejection of his love and will for our lives. God will transform us if we listen to his word and allow his Holy Spirit to work in our lives. Ask the Lord to renew your mind and to increase your thirst for his wisdom. James says that the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, without uncertainty or insincerity (James 3:17). A double-minded person cannot receive this kind of wisdom. The single of mind desires one thing alone – God's pleasure. God wants us to delight in him and to know the freedom of his truth and love. Do you thirst for the holiness without which no one will see the Lord (Hebrews 12:14)?

**Prayer:** Look kindly, Lord, we pray, on the devotion of your people, that those who by self-denial are restrained in body may by the fruit of good works be renewed in mind. 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:** In your busy life do you pay careful attention to warning signs? Do you pay attention to these signs at all? Many fatalities could be avoided if people paid attention to such signs. When the religious leaders demanded a sign from Jesus, he gave them a serious warning to avert spiritual disaster. It was characteristic of the Jews that they demanded "signs" from God's messengers to authenticate their

claims. When the religious leaders pressed Jesus to give proof for his claims he says in so many words that he is God's sign and that they need no further evidence from heaven than his own person. The Ninevites recognized God's warning when Jonah spoke to them, and they repented. And the Queen of Sheba recognized God's wisdom in Solomon. Jonah was God's sign and his message was the message of a merciful God for the people of Nineveh. Unfortunately the religious leaders were not content to accept the signs right before their eyes. They had rejected the message of John the Baptist and now they reject Jesus as God's Anointed One (Messiah) and they fail to heed his message. Simeon had prophesied at Jesus' birth that he was "destined for the falling and rising of many in Israel, and to be a sign that will be opposed so that inner thoughts of many will be revealed" (Luke 2:34- 35). Jesus confirmed his message with many miracles in preparation for the greatest sign of all – his resurrection on the third day.

### **Thursday, February 25 ~ First Week in the Season of Lent**

**Holy Gospel: Matthew 7:7-12** Jesus said to his disciples: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. Which one of you would hand his son a stone when he asked for a loaf of bread, or a snake when he asked for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him. "Do to others whatever you would have them do to you. This is the law and the prophets."

**Meditation:** Those who know and trust in God's love, pray with great boldness. Saint John Chrysostom, a Father of the Church, had this to say about the power of prayer: "Prayer is an all-efficient panoply [i.e. 'a full suit of armor' or 'splendid array'], a treasure undiminished, a mine never exhausted, a sky unobstructed by clouds, a haven unruffled by storm. It is the root, the fountain, and the mother of a thousand blessings. It exceeds a monarch's power. ...I speak not of the prayer which is cold and feeble and devoid of zeal. I speak of that which proceeds from a mind outstretched, the child of a contrite spirit, the offspring of a soul converted – this is the prayer which mounts to heaven. ...The power of prayer has subdued the strength of fire, bridled the rage of lions, silenced anarchy, extinguished wars, appeased the elements, expelled demons, burst the chains of death, enlarged the gates of heaven, relieved diseases, averted frauds, rescued cities from destruction, stayed the sun in its course, and arrested the progress of the thunderbolt. In sum prayer has power to destroy whatever is at enmity with the good."

**Prayer:** Bestow on us, we pray, O Lord, a spirit of always pondering on what is right and of hastening to carry it out, and, since without you we cannot exist, may we be enabled to live according to your will. 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:** Without a doubt God hears our prayers. Esther's prayer on behalf of her people is a model for us. She prayed for help according to God's promise to be faithful to his people. God wants us to remember his promises and to count on his help when we pray. Jesus wanted to raise the expectations of his disciples when he taught them how to pray. Jesus' parable of the father feeding his son illustrates the unthinkable! How could a loving father refuse to give his son what is good; or worse, to give him what is harmful? In conclusion Jesus makes a startling claim: How much more will the heavenly Father give to those who ask! Our heavenly Father graciously gives beyond our expectations. Jesus taught his disciples to pray with confidence because the Heavenly Father in his goodness always answers prayers. That is why we can boldly pray: Give us this day our daily bread. Prayer flows from the love of God; and the personal love we show to our neighbor is fueled by the love that God has poured into our hearts through the Holy Spirit (Romans 5:5). Jesus concludes his discourse on prayer with the reminder that we must treat our neighbor in the same way we wish to be treated by God and by others. We must not just avoid doing harm to our neighbor, we must actively seek his or her welfare. In doing so, we fulfill the law and the prophets, namely what God requires of us — loving God with all that we have and are and loving our neighbor as ourselves. The Holy Spirit is every ready to transform our lives in Jesus' way of love. Do you thirst for holiness and for the fire of God's love?

### **Friday, February 26 ~ First Week in the Season of Lent**

**Holy Gospel: Matthew 5:20-26** Jesus said to his disciples: "I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the Kingdom of heaven. "You have heard that it was said to your ancestors, You shall not kill; and whoever kills will be liable to judgment. But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, *Raqa*, will be answerable to the Sanhedrin, and whoever says, 'You fool,' will be liable to fiery

Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny."

**Meditation:** Have you seen sin or anger mastering your life at times? The first human to hate his brother was Cain. God warned Cain: "Why are you angry? ... Sin in couching at the door; its desire is for you, but you must master it" (Genesis 4:6-7). Sin doesn't just happen; it first grows as a seed in one's mind and heart. Unless it is mastered by God's grace, the seed of sin grows like a weed and chokes the fruitful vine. Jesus addressed the issue of keeping the commandments with his disciples. The scribes and Pharisees equated righteousness with satisfying the demands of the law. Jesus showed them how short they had come. Jesus points to the heart as the seat of desire and choice. Unless forbidden and evil desires are eradicated, the heart will be corrupted. Jesus points to forbidden anger with one's brother. This is a selfish anger that broods and is long-lived, that nurses a grudge and keeps wrath warm, and that refuses to die. Anger in the heart as well as anger in speech or action are equally forbidden. What is the antidote to anger and rage? Mercy, kindness, and forbearance spring from a heart full of love and forgiveness. God has forgiven us and he calls us to extend mercy and forgiveness towards those who cause us harm and grief. In the cross of Jesus we see the supreme example of love and the power for overcoming evil. Only God's love and grace can set our hearts and minds free from the tyranny of wounded pride and spiteful revenge. And so during this Lent ask yourself: Do I harbor any anger towards others? And are you quick to be reconciled when a break has occurred in your relationships with family, friends, co-workers, classmates, neighbors? Ask God to set you free and to fill your heart and mind with his love and truth.

**Prayer:** Grant that your faithful, O Lord, we pray, may be so conformed to the paschal observances, and the bodily discipline now solemnly begun may bear fruit in the souls of all. 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:** We would all do well this day of Lent to learn from one of the Fathers of the Church, Saint Eusebius, who offered the following prayer as instruction for his fellow Christians: "May I be no man's enemy, and may I be the friend of that which is eternal and abides. May I never quarrel with those nearest me: and if I do, may I be reconciled quickly. May I love, seek, and attain only that which is good. May I wish for all men's happiness and envy none. May I never rejoice in the ill-fortune of one who has wronged me. When I have done or said what is wrong, may I never wait for the rebuke of others, but always rebuke myself until I make amends. May I win no victory that harms either me or my opponent. May I reconcile friends who are angry with one another. May I never fail a friend who is in danger. When visiting those in grief may I be able by gentle and healing words to soften their pain. May I respect myself. May I always keep tame that which rages within me. May I accustom myself to be gentle, and never be angry with people because of circumstances. May I never discuss who is wicked and what wicked things he has done, but know good men and follow in their footsteps."

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;  
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**This Lent and beyond learn about and put into practice the Works of Mercy.**

**The Corporal Works of Mercy**

Feed the hungry + Give drink to the thirsty + Clothe the naked + Shelter the homeless  
Visit the sick + Visit the imprisoned + Bury the dead

**The Spiritual Works of Mercy**

Admonish the sinner + Comfort the Sorrowful + Bear wrongs patiently  
Forgive all injuries + Pray for the living and the dead + Instruct the ignorant + Counsel the doubtful  
(*The last two Works are extremely pertinent as so many people today have become confused by what they think or believe to be Church teaching based on hearsay or faulty reports.*)