

# 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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*Month of May ~ Dedicated to the Blessed Virgin Mary*

***"There are various ways of being happy, and every man has the capacity to make his life what it needs to be for him to have a reasonable amount of peace in it. Why, then, do we persecute ourselves with illusory demands, never content until we feel we have conformed to some standard of happiness that is not good for us only, but for everyone? Why can we not be content with the secret gift of happiness that God offers us, without consulting the rest of the world? Why do we insist, rather, on a happiness that is approved by the magazines and TV? If we are fools enough to remain at the mercy of the people who want to sell us happiness, it will be impossible for us ever to be content with anything."***

~EXCERPTED FROM *CONJECTURES OF A GUILTY BYSTANDER* BY FR. THOMAS MERTON, OCSO

**Monday, May 3 ~ Fifth Week in the Season of Easter  
Saints Philip and James, Apostles**

**Holy Gospel: John 14:6-14** Jesus said to Thomas, "I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him." Philip said to him, "Master, show us the Father, and that will be enough for us." Jesus said to him, "Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? Do you not believe that I am in the Father and the Father is in me? The words that I speak to you I do not speak on my own. The Father who dwells in me is doing his works. Believe me that I am in the Father and the Father is in me, or else, believe because of the works themselves. Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father. And whatever you ask in my name, I will do, so that the Father may be glorified in the Son. If you ask anything of me in my name, I will do it."

**Meditation:** What's the greatest thing we can aim for in our brief earthly life? Fame? Riches? Power? The greatest thing we can aim for is to know, love and serve God. What is the best thing we can possess in this life, bringing more joy, contentment, life and happiness, than anything else? Knowledge of God! *Thus says the Lord: "Let not the wise man glory in his wisdom, let not the mighty glory in his might, let not the rich man glory in his riches; but let him who glories glory in this, that he understands and knows me"* (Jeremiah 9:23-24). One of the greatest truths of the Christian faith is that we can know the *living* God. Our knowledge of God is not simply limited to knowing something about God, but we can know God personally. The essence of Christianity, and what makes it distinct from Judaism and other religions, is the personal knowledge of God as our Father – the one who created us out of love, and who out of love for us sent his only son into this world – Jesus Christ – to save and redeem us.

**Prayer:** O God, who gladden us each year with the feast day of the Apostles Philip and James, grant us, through their prayers, a share in the Passion and Resurrection of your Only Begotten Son, so that we may merit to behold you for eternity. 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 Jesus we see the perfect love of God – a God who cares intensely and who yearns over men and women, loving them to the point of laying down his life for them upon the Cross. Jesus is the revelation of God – a God who loves us unconditionally – without reservation, unselfishly – for our sake and not his, and perfectly – without neglecting or forgetting us even for a brief moment. Jesus promises that God the Father will hear our prayers when we pray in his name. That is why Jesus taught his followers to pray with confidence, *"Our Father who art in heaven...give us this day our daily bread, and*

*forgive us our trespasses...*" (Matthew 6:9-11; Luke 11:2-3). Do you pray to your Father in heaven with joy and confidence in his genuine love and care for you? If not, why not?

## **Tuesday, May 4 ~ Fifth Week in the Season of Easter**

**Holy Gospel: John 14:27-31a** Jesus said to his disciples: "Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. You heard me tell you, 'I am going away and I will come back to you.' If you loved me, you would rejoice that I am going to the Father; for the Father is greater than I. And now I have told you this before it happens, so that when it happens you may believe. I will no longer speak much with you, for the ruler of the world is coming. He has no power over me, but the world must know that I love the Father and that I do just as the Father has commanded me."

**Meditation:** Nothing can take us from the peace and joy of Jesus Christ. No sorrow or grief, no danger, no suffering can make it less. Jesus also speaks of his destination and ultimate triumph over the powers of evil in the world. In the eyes of the world the cross stood for shame, humiliation, and defeat. Jesus went to the cross knowing that it would lead to victory over the powers of sin and of Satan. Jesus also knew that he would return to his Father in glory. The cross brought glory to Jesus and to the Father and it is our way to glory as well. In the Cross of Christ we find true peace and reconciliation with God. Do you live in the peace of Jesus Christ?

**Prayer:** O God, who restore us to eternal life in the Resurrection of Christ, grant your people constancy in faith and hope, that we may never doubt the promises of which we have learned from 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:** In his farewell discourse, Jesus Christ grants peace as his gift to his disciples. What kind of peace does he offer? The peace of Christ is more than the absence of trouble. It includes everything which makes for our attaining the highest good. The world's approach to peace is avoidance of trouble and a refusal to face unpleasant things – and a growing aspiration to embrace a life of "political correctness" as opposed to embracing what is right and good and true according to living our lives according to God's will and Christ's teachings. Jesus offers the one true peace which conquers all of our fears and anxieties. Do you seek his peace before other sources of peace which are fleeting at best?

## **Wednesday, May 5 ~ Fifth Week in the Season of Easter**

**Holy Gospel: John 15:1-8** Jesus said to his disciples: "I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and everyone that does he prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you. Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. By this is my Father glorified, that you bear much fruit and become my disciples."

**Meditation:** People often wonder why Jesus speaks of himself as the *true vine*? The image of the vine was a rich one for the Jews since the land of Israel was covered with numerous vineyards. It had religious connotations to it as well. Isaiah spoke of the house of Israel as "the vineyard of the Lord" (Isaiah 5:7). Jeremiah said that God had planted Israel "as his choice vine" (Jeremiah 2:21). While the vine became a symbol of Israel as a nation, it also was used in the scriptures as a sign of degeneration. Isaiah's prophecy spoke of Israel as a vineyard which "yielded wild grapes" (see Isaiah 5:1-7). Jeremiah said that Israel had become a "degenerate and wild vine" (Jeremiah 2:21). When Jesus calls himself the true vine he makes clear that no one can claim their spiritual inheritance through association with a particular people or bloodline. Rather, it is only through Jesus Christ that one can become grafted into the true "vineyard of the Lord".

**Prayer:** O God, restorer and lover of innocence, direct the hearts of your servants towards yourself, that those you have set free from the darkness of unbelief may never stray from the light of your truth. 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 offers true life – the abundant life which comes from God and which results in great fruitfulness. How does the vine become fruitful? The vinedresser must carefully prune the vine before it can bear good fruit. Vines characteristically have two kinds of branches – those which bear fruit and those which don't. The non-bearing branches must be carefully pruned back in order for the vine to conserve its strength for bearing good fruit. Jesus used this image to describe the kind of life he produces in those who are united with him – the fruit of "righteousness, peace, and joy in the Holy Spirit" (Romans 14:17). Jesus says there can be no fruit in our lives apart from him. The fruit he speaks of here is the fruit of the Holy Spirit (see Galatians 5:22-23). There is a simple truth here: We are either fruit-bearing or non-fruit-bearing. There is no in-between. But the bearing of healthy fruit requires drastic pruning. The Lord promises that we will bear much fruit if we abide in him and allow him to purify us. Do you trust in the Lord's abiding presence with you?

### **Thursday, May 6 ~ Fifth Week in the Season of Easter**

**Holy Gospel: John 15:9-11** Jesus said to his disciples: "As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. "I have told you this so that my joy might be in you and your joy might be complete."

**Meditation:** Do you know first-hand the love that produces immeasurable joy? Jesus speaks of the love which the Father and he have for those who belong to him. We can never out give God in love, because he has loved us without measure. Our love for him is a response to his exceeding mercy and kindness towards us. Paul the Apostle tells us that we can abound in joy and hope because "God has poured out his love into our hearts by the Holy Spirit, whom he has given us" (Romans 5:5). In God's love we find the fullness of grace, life, peace, and joy. Jesus gives his disciples a new commandment – a new way of love. We are to love others as Jesus has loved us.

**Prayer:** O God, by whose grace, though sinners, we are made just and, though pitiable, made blessed, stand, we pray, by your works, stand by your gifts, that those justified by faith may not lack the courage of perseverance. 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 is the essence of this new commandment? True love is sacrificial. It gives all to the beloved. And there is no greater proof in love than the sacrifice of one's life for the sake of another. Jesus proved his love for his disciples by giving his life for them, even to death on the cross. We prove our love for God and for one another when we embrace the way of the cross. What is the cross in my life? When my will crosses with God's will, then God's will must be done. Do you know the joy and contentment of a life fully surrendered to God and consumed with his love?

### **Friday, May 7 ~ Fifth Week in the Season of Easter**

**Holy Gospel: John 15:9-17** Jesus said to his disciples: "As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. "I have told you this so that my joy might be in you and your joy might be complete. This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another."

**Meditation:** Do you know the love that produces immeasurable joy? Jesus speaks of the love which the Father and he have for those who belong to him. We can never out give God in love, because he has loved us without measure. Our love for him is a response to his exceeding mercy and kindness towards us. Paul the Apostle tells us that we can abound in joy and hope because "God has poured out his love into our hearts by the Holy Spirit, whom he has given us" (Romans 5:5). In God's love we find the fullness of grace, life, peace, and joy. Jesus gives his disciples a new commandment – a new way of love. We are to love others as Jesus has loved us.

**Prayer:** Grant us, Lord, we pray, that, being rightly conformed to the paschal mysteries, what we celebrate in joy may protect and save us with perpetual power. 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 is the essence of this new commandment? True love is sacrificial. It gives all to the beloved. And there is no greater proof in love than the sacrifice of one's life for the sake of another. Jesus proved his love for his disciples by giving his life for them, even to death on the cross. We prove our love for God and for one another when we embrace the way of the cross. What is the cross in my life? When my will crosses with God's will, then God's will must be done. Do you know the joy and contentment of a life fully surrendered to God and consumed with his love?

## Saturday, May 8 ~ Fifth Week in the Season of Easter

**Holy Gospel: John 15:18-21** Jesus said to his disciples: "If the world hates you, realize that it hated me first. If you belonged to the world, the world would love its own; but because you do not belong to the world, and I have chosen you out of the world, the world hates you. Remember the word I spoke to you, 'No slave is greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. And they will do all these things to you on account of my name, because they do not know the one who sent me."

**Meditation:** When Jesus says "you are not of this world" many are initially confused by what this means. The "world" in scripture refers to that society of people who are hostile towards God and opposed to his will. The world rejected Jesus, and his disciples can expect the same treatment. Jesus leaves no middle ground for his followers. We are either for him or against him, for his kingdom of light or for the kingdom of darkness. The prophet Isaiah warned that people who separate themselves from God because of their rebellion and spiritual blindness would end up calling evil good and good evil (Isaiah 5:20).

**Prayer:** Almighty and eternal God, who through the regenerating power of Baptism have been pleased to confer on us heavenly life, grant, we pray, that those you render capable of immortality by justifying them may by your guidance attain the fullness of glory. 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 we want to live in the light of God's truth, how can we rightly distinguish good from evil? True love of God and his ways draw us to all that is lovely, truthful and good. If we truly love God then we will submit to his truth and will for our lives. A friend of God cannot expect to be a friend of the world because the world opposes God. Jesus' demand is unequivocal and without compromise. Do not love the world or the things in the world. If anyone loves the world, love for the Father is not in him (1 John 2:15). We must make a choice either for or against God. Do you seek to please God in all your thoughts, actions, and relationships? Let the Holy Spirit fill your heart with the love of God (Romans 5:5).

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;

prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;

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information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

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### THE ANGELUS

V/. The Angel of the Lord declared to Mary:

R/. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V/. Behold the handmaid of the Lord:

R/. Be it done unto me according to Thy word.

Hail Mary...

V/. And the Word was made Flesh:

R/. And dwelt among us.

Hail Mary...

V/. Pray for us, O Holy Mother of God,

R/. That we may be made worthy of the promises of Christ.

**Let us pray:** Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.