

Lectio Divina



Lectio Divina for the First Week of Advent

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Keep us alert, we pray, O Lord our God,
as we await the advent of Christ your Son,
so that, when he comes and knocks,
he may find us watchful in prayer
and exultant in his praise.
Who lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.

(Collect, Monday of the First Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 13:33-37

Jesus said to his disciples: “Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his own work, and orders the gatekeeper to be on the watch. Watch, therefore; you do not know when the Lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: ‘Watch!’”

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.

Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture passage again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?



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“Be watchful! Be alert!” What things capture my attention? What things distract me from God’s plan?

“You do not know when the Lord of the house is coming.” Does the way I spend my time reflect my priorities? How can I make sure that I spend my time on the things that matter most (prayer, family, service to others)?

“May he not come suddenly and find you sleeping.” To what sins and injustices do I close my eyes? What parts of my faith keep me awake and energized to do God’s will?

After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:

Closing Prayer:

O shepherd of Israel, hearken,
from your throne upon the cherubim, shine
forth.
Rouse your power,
and come to save us.
Once again, O LORD of hosts,
look down from heaven, and see;
take care of this vine,
and protect what your right hand has planted
the son of man whom you yourself made
strong.
May your help be with the man of your right hand,
with the son of man whom you yourself made
strong.
Then we will no more withdraw from you;
give us new life, and we will call upon your
name.

(Psalm 80:2-3, 15-16, 18-19)

Living the Word This Week

How can I make my life a gift for others in charity?

Each night before falling asleep, look over your day to identify God’s presence in your day and opportunities you had to reach out in love. Make a form commitment to become more alert to the needs around you and to God working in your life.

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Lectio Divina



Lectio Divina for the Second Week of Advent

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Grant that your people, we pray, almighty God, may be ever watchful for the coming of your Only Begotten Son, that, as the author of our salvation himself has taught us, we may hasten, alert and with lighted lamps, to meet him when he comes. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Friday of the Second Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 1:1-8

The beginning of the gospel of Jesus Christ the Son of God.

As it is written in Isaiah the prophet:

*Behold, I am sending my messenger ahead of you;
he will prepare your way.*

A voice of one crying out in the desert:

*“Prepare the way of the Lord,
make straight his paths.”*

John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins.

John was clothed in camel’s hair, with a leather belt around his waist. He fed on locusts and wild honey. And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.



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Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture passage again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Prepare the way of the Lord. How do I share my faith with others, through word and deed? What can I do this week to help others encounter Christ?

They acknowledged their sins. How often do I seek forgiveness from those I have wronged? How often do I seek God's forgiveness in the Sacrament of Penance? Do I make time each day to acknowledge my sinfulness and ask God's grace to help me do better?

One mightier than I is coming after me. What events or places make me most aware of God's majesty and power? Do I rely on God's grace or expect to do it all on my own?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer:

I will hear what God proclaims;
the LORD—for he proclaims peace to his
people.
Near indeed is his salvation to those who fear him,
glory dwelling in our land.
Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.
The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and prepare the way of his steps.

(Psalm 85:9-14)

Living the Word This Week

How can I make my life a gift for others in charity?

Make plans to receive to the Sacrament of Penance before Christmas.

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Lectio Divina



Lectio Divina for the Third Week of Advent

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Incline a merciful ear to our cry, we pray, O Lord, and, casting light on the darkness of our hearts, visit us with the grace of your Son. Who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Monday of the Third Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

John 1:6-8, 19-28

A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light.

And this is the testimony of John. When the Jews from Jerusalem sent priests and Levites to him to ask him, "Who are you?" He admitted and did not deny it, but admitted, "I am not the Christ." So they asked him, "What are you then? Are you Elijah?" And he said, "I am not." "Are you the Prophet?" He

answered, "No." So they said to him, "Who are you, so we can give an answer to those who sent us? What do you have to say for yourself?" He said:

"I am *the voice of one crying out in the desert, 'make straight the way of the Lord,'*"

as Isaiah the prophet said." Some Pharisees were also sent. They asked him, "Why then do you baptize if you are not the Christ or Elijah or the Prophet?" John answered them, "I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie." This happened in Bethany across the Jordan, where John was baptizing.

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

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Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture passage again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

He came for testimony ... so that all might believe through him. How does my life give witness to what I believe? How does my witness encourage or discourage others from encountering Jesus?

Who are you, so we can give an answer to those who sent us? How would you describe the way you live your faith? How would others describe it?

The voice of one crying out in the desert. What deserts in my life are thirsting for the grace of God? In what deserts am I called to speak God's word of mercy and love?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer:

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior,
for he has looked upon his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
The promise he made to our fathers,
to Abraham and his children for ever.

Luke 1:46-55

Living the Word This Week

How can I make my life a gift for others in charity?

Share your faith with someone, by word or action. Say grace while eating at a restaurant. Read your Bible or pray on the bus during your commute. Invite someone to Mass. Do an act of charity. Write to a political leader about a moral issue.

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Lectio Divina



Lectio Divina for the Fourth Week of Advent

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come quickly, we pray, Lord Jesus,
and do not delay,
that those who trust in your compassion
may find solace and relief in your coming.
Who love and reign with God the Father
in the unity of the Holy Spirit,
one God, for ever and ever.

(Collect for December 24, The Morning Mass)

Reading (*Lectio*)

Read the following Scripture two or three times.

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 (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?



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Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture passage again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

The Lord is with you. When do I feel the Lord's presence most strongly? When am I most in need of the Lord's presence?

Do not be afraid. Of what am I afraid? How do these fears affect my relationship with God? With others?

May it be done to me according to your word. To what is God asking me to say "yes"? What is standing in the way of my generous response to God's will?

After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:

Closing Prayer:

The promises of the LORD I will sing forever;
through all generations my mouth shall
proclaim your faithfulness.

For you have said, "My kindness is established
forever";

in heaven you have confirmed your
faithfulness.

"I have made a covenant with my chosen one,

I have sworn to David my servant:

Forever will I confirm your posterity
and establish your throne for all generations."

"He shall say of me, 'You are my father,
my God, the Rock, my savior.'

Forever I will maintain my kindness toward him,
and my covenant with him stands firm."

(Psalm 89:2-5, 27, 29)

Living the Word This Week

How can I make my life a gift for others in charity?

In the bustle of holiday celebrations, take some time to sit quietly in the presence of the Lord and reflect on the gift of Jesus.

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