

Lectio Divina



Lectio Divina for the Seventh Week in Ordinary Time

We begin our prayer:

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

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to 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.

(Collect, Seventh Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 4:26-34

Luke 6:27-38

Jesus said to his disciples: “To you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. To the person who strikes you on one cheek, offer the other one as well, and from the person who takes your cloak, do not withhold even your tunic. Give to everyone who asks of you, and from the one who takes what is yours do not demand it back. Do to others as you would have them do to you. For if you love those who love you,

what credit is that to you? Even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? Even sinners do the same.

If you lend money to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, and get back the same amount. But rather, love your enemies and do good to them, and lend expecting nothing back; then your reward will be great and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

“Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

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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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 again, followed by this reflection:

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

To you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. Who are my enemies? How can I best show love to those people?

Give to everyone who asks of you, and from the one who takes what is yours do not demand it back. When do I find it easiest to be generous? Most difficult?

Be merciful, just as your Father is merciful. When was the last time I celebrated God's mercy in the Sacrament of Penance? When was the last time I asked forgiveness of a person I had wronged?

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

Closing Prayer:

Bless the LORD, O my soul;
and all my being, bless his holy name.
Bless the LORD, O my soul,
and forget not all his benefits.

He pardons all your iniquities,
heals all your ills.
He redeems your life from destruction,
crowns you with kindness and compassion.

Merciful and gracious is the LORD,
slow to anger and abounding in kindness.
Not according to our sins does he deal with us,
nor does he requite us according to our crimes.

As far as the east is from the west,
so far has he put our transgressions from us.
As a father has compassion on his children,
so the LORD has compassion on those who fear him.

(From Psalm 103)

Living the Word This Week

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

Select a volunteer or donation opportunity in your parish or diocese.

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