



Lectio Divina for the Solemnity of the Most Holy Body and Blood of Christ

We begin our prayer:

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

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Most Holy Body and Blood of Christ)

Reading (*Lectio*)

Read the following Scripture two or three times.

Luke 9:11b-17

Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here." He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have,

unless we ourselves go and buy food for all these people." Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of about fifty." They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.

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.



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Contemplation (Contemplatio)

Read the Scripture again, followed by this reflection:

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

He healed those who needed to be cured.
From what do I need to be healed? How can I help bring healing to those around me?

Give them some food yourselves. What steps can I take to minimize food waste and share with those who do not have enough? For what do I hunger?

They all ate and were satisfied. In what do I find satisfaction? How can I spend more time enjoying the company of my family and loved ones?

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

Closing Prayer:

The queen takes her place at your right hand
The LORD said to my Lord: "Sit at my right hand
till I make your enemies your footstool."

The scepter of your power the LORD will stretch forth from Zion:
"Rule in the midst of your enemies."

"Yours is princely power in the day of your birth, in holy splendor;
before the daystar, like the dew, I have begotten you."

The LORD has sworn, and he will not repent:
"You are a priest forever, according to the order of Melchizedek."

(From Psalm 110)

Living the Word This Week

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

Spend some time in prayer before the Blessed Sacrament, thanking God for the gift of Christ in the Eucharist.

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