

Lectio Divina



Lectio Divina for the Solemnity of the Most Holy Trinity

We begin our prayer:

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

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. 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, Most Holy Trinity)

Reading (*Lectio*)

Read the following Scripture two or three times.

John 16:12-15

Jesus said to his disciples: "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are

coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason I told you that he will take from what is mine and declare it 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?

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?

I have much more to tell you, but you cannot bear it now. What burdens do I need to bring to the Lord? How can I help others bear their burdens?

The Spirit of truth, he will guide you to all truth. How can I speak the truth in love? How can I bring greater truth and kindness to my interactions on social media?

He will not speak on his own, but he will speak what he hears. When was the last time I spoke to someone about my faith? How can Scripture and Church teaching help me to form my conscience?

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

Closing Prayer:

When I behold your heavens,
the work of your fingers,
the moon and the stars which
you set in place —
What is man that you should be
mindful of him,
or the son of man that
you should care for him?

You have made him little less
than the angels,
and crowned him with
glory and honor.
You have given him rule over the
works of your hands,
putting all things under his feet:

All sheep and oxen,
yes, and the beasts of the field,
The birds of the air, the fishes of the sea,
and whatever swims the
paths of the seas.

(From Psalm 8)

Living the Word This Week

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

Read Pope Francis' message on truth in journalism.
http://w2.vatican.va/content/francesco/en/messages/communications/documents/papa-francesco_20180124_messaggio-comunicazioni-sociali.html

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