

Lectio Divina



Lectio Divina for the Second Week of Lent

We begin our prayer:

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

Keep your family, O Lord,
schooled always in good works,
and so comfort them with your protection here
as to lead them graciously to gifts on high.
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, Wednesday of the Second Week of Lent)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 17:1-9

Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, “Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah.” While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, “This is my beloved Son, with whom I am well pleased; listen to him.”

When the disciples heard this, they fell prostrate and were very much afraid. But Jesus came and touched them, saying, “Rise, and do not be afraid.” And when the disciples raised their eyes, they saw no one else but Jesus alone.

As they were coming down from the mountain, Jesus charged them, “Do not tell the vision to anyone until the Son of Man has been raised from the dead.”

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.



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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 again, followed by this reflection:

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

Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. How often do I take time for quiet, solitary prayer? What distracts me from time with the Lord?

And behold, Moses and Elijah appeared to them, conversing with him. Am I truthful and kind in my conversation? Do I share or hide my faith in my conversations?

Lord, it is good that we are here. How can I take time during the day to place myself in God's presence? Where do I feel God's presence most strongly?

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

Closing Prayer:

Upright is the word of the LORD,
and all his works are trustworthy.
He loves justice and right;
of the kindness of the LORD the earth is full.

See, the eyes of the LORD are upon those who fear him,
upon those who hope for his kindness,
To deliver them from death
and preserve them in spite of famine.

Our soul waits for the LORD,
who is our help and our shield.
May your kindness, O LORD, be upon us
who have put our hope in you.

(From Psalm 33)

Living the Word This Week

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

During the week, make a visit to a church for quiet prayer before the Blessed Sacrament or to pray the Stations of the Cross.

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