

Lectio Divina



Lectio Divina for the Solemnity of Mary, Mother of God

We begin our prayer:

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

O God, who are without beginning or end,
the source of all creation,
grant us so to live this new year,
whose beginning we dedicate to you,
that we may abound in good things
and be resplendent with works of holiness.
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, Mass at the Beginning of the Civil Year)

Reading (*Lectio*)

Read the following Scripture two or three times.
Luke 2:16-21

The shepherds went in haste to Bethlehem and found Mary and Joseph, and the infant lying in the manger. When they saw this, they made known the message that had been told them about this child. All who heard it were amazed by what had been told them by the shepherds. And Mary kept all these things, reflecting on them in her heart. Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them.

When eight days were completed for his circumcision, he was named Jesus, the name given him by the angel before he was conceived in the womb.

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?

The shepherds went in haste. Do I hasten to the Lord or rush past him? What keeps me from seeking the Lord and spending more time with him?

All who heard it were amazed by what had been told them by the shepherds. When have I felt amazement about God's action in my life? When have I been in awe of God's power and majesty?

Mary kept all these things, reflecting on them in her heart. What distractions keep me from reflecting on God's word? What places near me are most conducive to quiet prayer?

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

Closing Prayer:

May God have pity on us and bless us;
may he let his face shine upon us.
So may your way be known upon earth;
among all nations, your salvation.

May the nations be glad and exult
because you rule the peoples in equity;
the nations on the earth you guide.

May the peoples praise you, O God;
may all the peoples praise you!
May God bless us,
and may all the ends of the earth fear him

(From Psalm 67)

Living the Word This Week

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

Make a resolution to spend more time each week in prayer – attending daily Mass, visiting the Blessed Sacrament, reading Scripture, praying with family, or silent meditation.

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