

Lectio Divina



Lectio Divina for the Thirteenth Week in Ordinary Time

We begin our prayer:

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

O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

(Collect, Thirteenth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 5:21-43 or 5:21-24, 35b-43

When Jesus had crossed again in the boat to the other side, a large crowd gathered around him, and he stayed close to the sea. One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, "My daughter is at the point of death. Please, come lay your hands on her that she may get well and live." He went off with him, and a large crowd followed him and pressed upon him.

There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak.

She said, "If I but touch his clothes, I shall be cured." Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction. Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, "Who has touched my clothes?" But his disciples said to Jesus, "You see how the crowd is pressing upon you, and yet you ask, 'Who touched me?'" And he looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told him the whole truth. He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction."

While he was still speaking, people from the synagogue official's house arrived and said, "Your daughter has died; why trouble the teacher any longer?" Disregarding the message that was reported, Jesus said to the synagogue official, "Do not be afraid; just have faith." He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James. When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly. So he went in and said to them,



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“Why this commotion and weeping? The child is not dead but asleep.” And they ridiculed him. Then he put them all out.

He took along the child’s father and mother and those who were with him and entered the room where the child was. He took the child by the hand and said to her, “*Talitha koum,*” which means, “Little girl, I say to you, arise!” The girl, a child of twelve, arose immediately and walked around. At that they were utterly astounded. He gave strict orders that no one should know this and said that she should be given something to eat.

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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Yet she was not helped but only grew worse. When have I felt hopeless and in despair? How can my relationship with Jesus and his Church encourage me in such times?

Jesus, aware at once that power had gone out from him, turned around in the crowd. When have I experienced God’s power acting in my life? How can I become more aware of God acting in my life?

Do not be afraid; just have faith. What fears keep me from living by God’s will? What faith practices can help me to dispel these fears?

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

Closing Prayer:

I will extol you, O LORD, for you drew me clear
and did not let my enemies rejoice over me.
O LORD, you brought me up from the netherworld;
you preserved me from among those going
down into the pit.

Sing praise to the LORD, you his faithful ones,
and give thanks to his holy name.

For his anger lasts but a moment;
a lifetime, his good will.

At nightfall, weeping enters in,
but with the dawn, rejoicing.

Hear, O LORD, and have pity on me;
O LORD, be my helper.

You changed my mourning into dancing;
O LORD, my God, forever will I give you
thanks.

(From Psalm 30)

Living the Word This Week

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

Pray for the sick and prayerfully consider volunteering to assist with your parish’s ministry to the sick and homebound.

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