

Lectio Divina



Lectio Divina for the Twenty-first 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 cause the minds of the faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed on that place where true gladness is found. 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, Twenty-first Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
John 6:60-69

Many of Jesus' disciples who were listening said, "This saying is hard; who can accept it?" Since Jesus knew that his disciples were murmuring about this, he said to them, "Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life, while the flesh is of no avail. The words I have

spoken to you are Spirit and life. But there are some of you who do not believe." Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted him by my Father."

As a result of this, many of his disciples returned to their former way of life and no longer accompanied him. Jesus then said to the Twelve, "Do you also want to leave?" Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God."

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.



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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?

This saying is hard; who can accept it? What Church teachings do I struggle to accept? How can I become more docile to the Spirit?

Many of his disciples returned to their former way of life. What are the near occasions of sin in my life? How can I remove them?

We have come to believe and are convinced that you are the Holy One of God. What strengthens my faith? How can I convince others that Jesus is the Holy One of God?

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

Closing Prayer:

I will bless the LORD at all times;
his praise shall be ever in my mouth.
Let my soul glory in the LORD;
the lowly will hear me and be glad.

The LORD has eyes for the just,
and ears for their cry.
The LORD confronts the evildoers,
to destroy remembrance of them
from the earth.

When the just cry out, the LORD hears them,
and from all their distress he rescues them.
The is close to the brokenhearted;
and those who are crushed in spirit he saves.

Many are the troubles of the just one,
but out of them all the LORD delivers him;
he watches over all his bones;
not one of them shall be broken.

(From Psalm 34)

Living the Word This Week

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

Begin a prayerful reading of the *Catechism of the Catholic Church* or the *United States Catholic Catechism for Adults*.

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