

Lectio Divina



Lectio Divina for the Twenty-second Week in Ordinary Time

We begin our prayer:

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

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good
and, by your watchful care,
keep safe what you have nurtured.

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-second Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 7:1-8, 14-15, 21-23

When the Pharisees with some scribes who had come from Jerusalem gathered around Jesus, they observed that some of his disciples ate their meals with unclean, that is, unwashed, hands.

—For the Pharisees and, in fact, all Jews, do not eat without carefully washing their hands, keeping the tradition of the elders. And on coming from the

marketplace they do not eat without purifying themselves. And there are many other things that they have traditionally observed, the purification of cups and jugs and kettles and beds. — So the Pharisees and scribes questioned him, “Why do your disciples not follow the tradition of the elders but instead eat a meal with unclean hands?” He responded, “Well did Isaiah prophesy about you hypocrites, as it is written:

*This people honors me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching as doctrines human*

precepts.

You disregard God’s commandment but cling to human tradition.”

He summoned the crowd again and said to them, “Hear me, all of you, and understand. Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.

“From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.”



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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?

There are many other things that they have traditionally observed. What traditional prayers or devotions support my faith? What traditional prayers or devotions should I explore?

This people honors me with their lips, / but their hearts are far from me. When have I failed to “walk the talk” of my faith? How can I practice what I preach?

All these evils come from within and they defile. From what sin and evil must I purify my heart? How can I develop a spirit of penitence and conversion?

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

Closing Prayer:

Whoever walks blamelessly and does justice;
who thinks the truth in his heart
and slanders not with his tongue.

Who harms not his fellow man,
nor takes up a reproach against his neighbor;
by whom the reprobate is despised,
while he honors those who fear the LORD.

Who lends not his money at usury
and accepts no bribe against the innocent.
Whoever does these things
shall never be disturbed.

(From Psalm 15)

Living the Word This Week

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

Make a good examination of conscience and receive the Sacrament of Penance.

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