

Lectio Divina



Lectio Divina for the Twenty-third 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, by whom we are redeemed and receive adoption,

look graciously upon your beloved sons and daughters,

that those who believe in Christ may receive true freedom and an everlasting inheritance.

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-third Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 7:31-37

Again Jesus left the district of Tyre and went by way of Sidon to the Sea of Galilee, into the district of the Decapolis. And people brought to him a deaf man who had a speech impediment and begged him to lay his hand on him. He took him off by himself away from the crowd. He put his finger into the

man's ears and, spitting, touched his tongue; then he looked up to heaven and groaned, and said to him, "Ephphatha!"— that is, "Be opened!" — And immediately the man's ears were opened, his speech impediment was removed, and he spoke plainly. He ordered them not to tell anyone. But the more he ordered them not to, the more they proclaimed it. They were exceedingly astonished and they said, "He has done all things well. He makes the deaf hear and the mute speak."

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

He took him off by himself away from the crowd.
What distracts me from prayer? How can I eliminate these distractions?

“Ephphatha!”— that is, “Be opened!” How can I be more open to God working in my life? How can I be more open to the needs of others?

He has done all things well. What good things has God done in my life this week? How can I show my gratitude for God’s goodness?

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

Closing Prayer:

The God of Jacob keeps faith forever,
secures justice for the oppressed,
gives food to the hungry.
The LORD sets captives free.

The LORD gives sight to the blind;
the LORD raises up those who were bowed down.
The LORD loves the just;
the LORD protects strangers.

The fatherless and the widow the LORD sustains,
but the way of the wicked he thwarts.
The LORD shall reign forever;
your God, O Zion, through all generations.
Alleluia.

(From Psalm 146)

Living the Word This Week

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

Learn more about the Church’s welcome for persons with disabilities:
<http://www.usccb.org/upload/justice-persons-disabilities-bulletin-insert.pdf>

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.