

Lectio Divina



Lectio Divina for the 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.

Almighty ever-living God,
direct our actions according to your good pleasure,
that in the name of your beloved Son
we may abound in good works.

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, Third Sunday in Ordinary Time

Reading (*Lectio*)

Read the following Scripture two or three times.

Luke 1:1-4; 4:14-21

Since many have undertaken to compile a narrative of the events that have been fulfilled among us, just as those who were eyewitnesses from the beginning and ministers of the word have handed them down to us, I too have decided, after investigating everything accurately anew, to write it down in an orderly sequence for you, most excellent Theophilus, so that you may realize the certainty of the teachings you have received.

Jesus returned to Galilee in the power of the Spirit, and news of him spread throughout the whole region. He taught in their synagogues and was praised by all.

He came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the sabbath day. He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written:

*The Spirit of the Lord is upon me,
because he has anointed me
to bring glad tidings to the poor.*

*He has sent me to proclaim liberty to captives
and recovery of sight to the blind,
to let the oppressed go free,
and to proclaim a year acceptable
to the Lord.*

Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, "Today this Scripture passage is fulfilled in your hearing."

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?



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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?

Many have undertaken to compile a narrative of the events that have been fulfilled among us. Who has been most influential in helping you understand the faith? How can you share your faith story with others?

So that you may realize the certainty of the teachings you have received. When have I experienced doubt about Church teaching? What authoritative sources can help me learn more about what the Church teaches?

He has sent me to proclaim liberty to captives/ and recovery of sight to the blind,/ to let the oppressed go free. From what sinful behaviors do I need God's grace to free me? How can I help to free others from the chains of oppression, prejudice, and loneliness?

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

Closing Prayer:

The law of the LORD is perfect,
refreshing the soul;
The decree of the LORD is trustworthy,
giving wisdom to the simple.

The precepts of the LORD are right,
rejoicing the heart;
The command of the LORD is clear,
enlightening the eye.

The fear of the LORD is pure,
enduring forever;
The ordinances of the LORD are true,
all of them just.

Let the words of my mouth and the thought of my heart
find favor before you,
O LORD, my rock and my redeemer.

From Psalm 19

Living the Word This Week

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

Spend time each day this week reading Sacred Scripture and meditating on its meaning.

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