

Lectio Divina



Lectio Divina for the Sixteenth Week in Ordinary Time

We begin our prayer:

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

Show favor, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your
commands.

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, Sixteenth Sunday in Ordinary Time

Reading (*Lectio*)

Read the following Scripture two or three times.
Luke 10:38-42

Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, “Lord, do you not care that

my sister has left me by myself to do the serving? Tell her to help me.” The Lord said to her in reply, “Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.”

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.



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Mary ... sat beside the Lord at his feet listening to him speak. Where do I feel God's presence most profoundly? How can I cultivate a listening heart?

Burdened with much serving. What concerns are burdening me at this time? How can I help others bear their burdens?

Mary has chosen the better part and it will not be taken from her. What is the better part that I am seeking? How can I prioritize that better part in my life?

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

Closing Prayer:

One who 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.

One who 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?

Prayerfully consider participation in your parish's ministries of service.

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