

Lectio Divina



Lectio Divina for the Fourth Week in Ordinary Time

We begin our prayer:

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

Grant us, Lord our God,
that we may honor you with all our mind,
and love everyone in truth of heart.
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, Fourth Sunday in Ordinary Time

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 5:1-12a

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:
“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are they who mourn,

for they will be comforted.

Blessed are the meek,

for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful,

for they will be shown mercy.

Blessed are the clean of heart,

for they will see God.

Blessed are the peacemakers,

for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven.”

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?

Blessed are the meek, / for they will inherit the land.
When have I depended too much on my own strength and abilities? When have I built myself up by diminishing others?

Blessed are they who hunger and thirst for righteousness, / for they will be satisfied. What injustices do I see around me? What actions can I take against violence and injustice?

Blessed are the merciful, / for they will be shown mercy. Who do I need to forgive? From whom do I need to see forgiveness?

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

Closing Prayer:

The LORD 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?

Join the issue advocacy network of your diocese or state Catholic conference.

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