

Lectio Divina



Lectio Divina for the Fifth Week in Ordinary Time

We begin our prayer:

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

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. 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, Fifth Sunday in Ordinary Time

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 5:13-16

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it

under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

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?

But if salt loses its taste, with what can it be seasoned? When have I experienced a dryness in my faith life? How can I take time away to restore and renew my faith?

A city set on a mountain cannot be hidden. When have I tried to hide my beliefs to avoid criticism or mocking? How do I demonstrate my faith through my actions?

Your light must shine before others, that they may see your good deeds and glorify your heavenly Father. How do my actions point toward God instead of myself? How do I place my God-given gifts in service to my brothers and sisters?

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

Closing Prayer:

Light shines through the darkness for the upright;
he is gracious and merciful and just.
Well for the man who is gracious and lends,
who conducts his affairs with justice.

He shall never be moved;
the just one shall be in everlasting
remembrance.

An evil report he shall not fear;
his heart is firm, trusting in the LORD.
His heart is steadfast; he shall not fear.

Lavishly he gives to the poor;
His justice shall endure forever;
his horn shall be exalted in glory.

From Psalm 112

Living the Word This Week

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

Pray for those who lack the freedom to live their faith in its fullness.

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.