

# Lectio Divina



## Lectio Divina for the Seventh 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, we pray, almighty God,  
that, always pondering spiritual things,  
we may carry out in both word and deed  
that which is pleasing to you.

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, Seventh Sunday in Ordinary Time*

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

*Matthew 5:38-48*

Jesus said to his disciples: “You have heard that it was said, *An eye for an eye and a tooth for a tooth.* But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one as well. If anyone wants to

go to law with you over your tunic, hand over your cloak as well. Should anyone press you into service for one mile, go for two miles. Give to the one who asks of you, and do not turn your back on one who wants to borrow.

“You have heard that it was said, *You shall love your neighbor and hate your enemy.* But I say to you, love your enemies and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. For if you love those who love you, what recompense will you have? Do not the tax collectors do the same? And if you greet your brothers only, what is unusual about that? Do not the pagans do the same? So be perfect, just as your heavenly Father is perfect.”

### 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?



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- 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.*

## Contemplation (*Contemplatio*)

*Read the Scripture again, followed by this reflection:*

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

*Should anyone press you into service for one mile, go for two miles. How can I be of service to those in need? How can I share my time with greater generosity?*

*Give to the one who asks of you, and do not turn your back on one who wants to borrow. How do I view those who are poor and lack worldly goods? How do I support structures that keep people in poverty?*

*For if you love those who love you, what recompense will you have? Who needs my love and kindness? What keeps me from loving them?*

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

## Closing Prayer:

Bless the LORD, O my soul;  
and all my being, bless his holy name.  
Bless the LORD, O my soul,  
and forget not all his benefits.

He pardons all your iniquities,  
heals all your ills.  
He redeems your life from destruction,  
crowns you with kindness and compassion.

Merciful and gracious is the LORD,  
slow to anger and abounding in kindness.  
Not according to our sins does he deal with us,  
nor does he requite us according to our crimes.

As far as the east is from the west,  
so far has he put our transgressions from us.  
As a father has compassion on his children,  
so the LORD has compassion on those who fear him.

*From Psalm 103*

## Living the Word This Week

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

Learn more about becoming a Christian steward:  
<https://www.usccb.org/committees/evangelization-catechesis/stewardship>

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