

Lectio Divina



Lectio Divina for the Octave of Easter

We begin our prayer:

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

Almighty ever-living God,
who gave us the Paschal Mystery
in the covenant you established
for reconciling the human race,
so dispose our minds, we pray,
that what we celebrate by professing the faith
we may express in deeds.
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, Friday within the Octave of Easter

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 28:1-10

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning, and his clothing was white as snow. The guards were

shaken with fear of him and became like dead men. Then the angel said to the women in reply, “Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, ‘He has been raised from the dead, and he is going before you to Galilee; there you will see him.’ Behold, I have told you.” Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, “Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me.”

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.



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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?

The guards were shaken with fear of him and became like dead men. What makes me afraid and hesitant to do what is right? How does my faith strengthen me in spite of my fears and doubts?

He is not here, for he has been raised just as he said. When have I relied on God's promises? How does God's Word give me strength in life's difficulties?

Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. When have I felt both fearful and overjoyed? How can I better share the wonder and awe that comes from faith in Christ?

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

Closing Prayer:

Give thanks to the LORD, for he is good,
for his mercy endures forever.
Let the house of Israel say,
"His mercy endures forever."

"The right hand of the LORD has struck with power;
the right hand of the LORD is exalted.
I shall not die, but live,
and declare the works of the LORD."

The stone which the builders rejected
has become the cornerstone.
By the LORD has this been done;
it is wonderful in our eyes.

From Psalm 118

Living the Word This Week

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

Reach out to someone who is suffering from fear or doubt, either in person or by offering your prayers.

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