

Lectio Divina



Lectio Divina for the Solemnity of the Most Holy Trinity

We begin our prayer:

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

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. 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, Solemnity of the Most Holy Trinity

Reading (*Lectio*)

Read the following Scripture two or three times.

John 3:16-18

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world,

but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.

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?

God so loved the world that he gave his only Son. How can I follow Jesus' example by giving of myself? How can I express my love for all that God has created?

So that everyone who believes in him might not perish but might have eternal life. What do I imagine that heaven will be like? How am I preparing for eternal life with God?

Whoever believes in him will not be condemned. How often do I judge or condemn others? How can I accompany others instead of judging them?

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

Closing Prayer:

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever;
And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever.

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever.

From Daniel 3

Living the Word This Week

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

Visit a cemetery and pray for those who have died or pray for the grace of a happy death.

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