

# Lectio Divina



## Lectio Divina for the Third Week of Easter

*We begin our prayer:*

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

Be present to your family, O Lord, we pray,  
and graciously ensure  
those you have endowed with the grace of faith  
an eternal share in the Resurrection of your Only  
Begotten Son.  
Who lives and reigns with you in the unity of the  
Holy Spirit,  
God, for ever and ever.

(Collect, Wednesday of the Third Week of Easter)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*  
Luke 24:35-48

The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of bread.

While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.” But they were startled and terrified and thought that they were seeing a ghost. Then he said to them, “Why are you troubled? And why do questions arise in your hearts?

Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” And as he said this, he showed them his hands and his feet.

While they were still incredulous for joy and were amazed, he asked them, “Have you anything here to eat?” They gave him a piece of baked fish; he took it and ate it in front of them.

He said to them, “These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled.” Then he opened their minds to understand the Scriptures. And he said to them, “Thus it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things.”

### 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 two disciples recounted ... how Jesus was made known to them in the breaking of bread. How can I show greater devotion to Jesus' presence in the Eucharist? How can I share my faith in the Eucharist with others?*

*"Why are you troubled?"* What issues or circumstances cause anxiety and distress in my life? How can my faith help me to deal with these anxieties?

*Then he opened their minds to understand the Scriptures.* How can I grow in my understanding of Scripture? What resources are available to aid me in that growth?

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

## Closing Prayer:

When I call, answer me, O my just God,  
you who relieve me when I am in distress;  
have pity on me, and hear my prayer!

Know that the LORD does wonders  
for his faithful one;  
the LORD will hear me when I call upon him.

O LORD, let the light of your countenance  
shine upon us!  
You put gladness into my heart.

As soon as I lie down, I fall peacefully asleep,  
for you alone, O LORD,  
bring security to my dwelling.

(From Psalm 4)

## Living the Word This Week

*How can I make my life a gift for others in charity?*  
Start or join a Bible study at your parish.

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