

# Lectio Divina



## Lectio Divina for the Twelfth 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, O Lord,  
that we may always revere and love your holy  
name,  
for you never deprive of your guidance  
those you set firm on the foundation of your love.  
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, Twelfth Sunday in Ordinary Time)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*  
Mark 4:35-41

On that day, as evening drew on, Jesus said to his disciples: "Let us cross to the other side." Leaving the crowd, they took Jesus with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?" He woke up, rebuked the wind,

and said to the sea, "Quiet! Be still!" The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith?" They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"

### 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?

*A violent squall came up and waves were breaking over the boat.* What forces threaten to overwhelm my faith? How can I learn to rely more on God in these situations?

*“Teacher, do you not care that we are perishing?”* When have I felt as though God is not listening to me? What reminds me of God’s faithful care?

*“Quiet! Be still!”* What steps do I need to take to find more space for quiet stillness in my life? How can I nurture a peaceful, patient spirit?

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

## Closing Prayer:

They who sailed the sea in ships,  
trading on the deep waters,  
These saw the works of the LORD  
and his wonders in the abyss.

His command raised up a storm wind  
which tossed its waves on high.  
They mounted up to heaven; they sank to the  
depths;  
their hearts melted away in their plight.

They cried to the LORD in their distress;  
from their straits he rescued them,  
He hushed the storm to a gentle breeze,  
and the billows of the sea were stilled.

They rejoiced that they were calmed,  
and he brought them to their desired haven.  
Let them give thanks to the LORD for his kindness  
and his wondrous deeds to the children of men.

(From Psalm 107)

## Living the Word This Week

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

Spend at least thirty minutes in silence, reflecting on the majesty and power of God.

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