

# 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.*  
Matthew 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they all saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

### 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.*



CATHOLIC.BIBLE

## Contemplation (*Contemplatio*)

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

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

*The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them.* Where is God calling me to go? How can I become more docile to God's will?

*Go, therefore, and make disciples of all nations.* How can I share my faith more effectively? How can I draw others to Christ through my words and actions?

*Teaching them to observe all that I have commanded you.* How can I observe God's commandments more faithfully? What obstacles keep me from a life of faithful obedience?

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

## Closing Prayer:

Upright is the word of the LORD,  
and all his works are trustworthy.  
He loves justice and right;  
of the kindness of the Lord the earth is full.

By the word of the LORD the heavens were made;  
by the breath of his mouth all their host.  
For he spoke, and it was made;  
he commanded, and it stood forth.

See, the eyes of the LORD are upon those  
who fear him,  
upon those who hope for his kindness,  
To deliver them from death  
and preserve them in spite of famine.

Our soul waits for the LORD,  
who is our help and our shield.  
May your kindness, O LORD, be upon us  
who have put our hope in you.

(From Psalm 33)

## Living the Word This Week

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

Research your diocese's ecumenical efforts and pray for the unity of the Church.

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.