

Lectio Divina



Lectio Divina for July 22, 2024 Feast of Saint Mary Magdalene

We begin our prayer:

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

Heavenly Father,
Send your Holy Spirit
to transform the hearts
and minds of all
baptized couples.
With your help,
may their union of life and love
grow ever more profound.
May they embrace God's plan
for marriage and family.
As co-creators with God,
may they be open to children
in trust and love.
Amen.

Reading (*Lectio*)

Read the following Scripture two or three times.
John 20:1-2, 11-18

On the first day of the week, Mary Magdalene came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him."

Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels

in white sitting there, one at the head and one at the feet where the Body of Jesus had been.

And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping?"

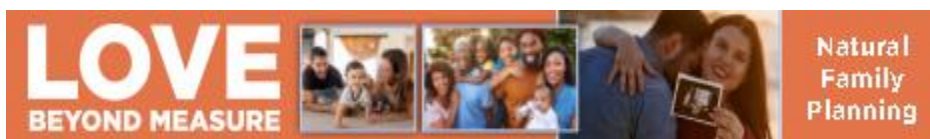
Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher. Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord," and then reported what he told her.

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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Whom are you looking for? What graces am I seeking in the Sacrament of Marriage? When have I failed to look to the Lord when facing challenges in my marriage?

Stop holding on to me. When have I held on to my own wants and desires instead of seeking what the Lord wants from me? When have I held on to the world's view of marriage instead of seeking to live the Church's understanding of this sacrament?

I have seen the Lord. When have I felt the Lord's presence most profoundly? How can I be more attentive to the graces that God offers in my marriage?

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

Closing Prayer:

O God, you are my God whom I seek;
for you my flesh pines and my soul thirsts
like the earth, parched, lifeless and
without water.

Thus have I gazed toward you in the sanctuary
to see your power and your glory,
For your kindness is a greater good than life;
my lips shall glorify you.

Thus will I bless you while I live;
lifting up my hands, I will call
upon your name.

As with the riches of a banquet shall my soul
be satisfied,
and with exultant lips my mouth shall
praise you.

You are my help,
and in the shadow of your wings I shout
for joy.

My soul clings fast to you;
your right hand upholds me.

(From Psalm 63)

Living the Word This Week

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

Learn more about God's plan for your marriage by reading *Married Love and the Gift of Life*:
<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf>

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