

Lectio Divina



Lectio Divina for July 23, 2024 Tuesday of the 16th Week in Ordinary Time

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.
Matthew 12:46-50

While Jesus was speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with him. Someone told him, "Your mother and your brothers are standing outside, asking to speak with you." But he said in reply to the one who told him, "Who is my mother? Who are my brothers?" And stretching out his hand toward his disciples, he said,

"Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother."

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?

Your mother and your brothers are standing outside, asking to speak with you. How have the values of my family of origin influenced my marriage? How do those values align or conflict with Church teaching?

Stretching out his hand toward his disciples. What concerns or anxieties keep me from responding generously to what God asks of me? How can my family reach out to those in need?

For whoever does the will of my heavenly Father is my brother, and sister, and mother. How do my actions help to unify my family? How can I help my family grow in discipleship?

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

Closing Prayer:

You have favored, O LORD, your land;
 you have brought back the captives of Jacob.
You have forgiven the guilt of your people;
 you have covered all their sins.
You have withdrawn all your wrath;
 you have revoked your burning anger.

Restore us, O God our savior,
 and abandon your displeasure against us.
Will you be ever angry with us,
 prolonging your anger to all generations?

Will you not instead give us life;
 and shall not your people rejoice in you?
Show us, O LORD, your kindness,
 and grant us your salvation.

(From Psalm 85)

Living the Word This Week

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

Prayerfully identify a service project that you can participate in as a family, e.g., collecting food for the parish food bank, visiting the homebound, walking with moms in need, etc.

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