

Lectio Divina



Lectio Divina for July 25, 2024 Feast of Saint James

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 20:20-28

The mother of the sons of Zebedee approached Jesus with her sons and did him homage, wishing to ask him for something. He said to her, "What do you wish?" She answered him, "Command that these two sons of mine sit, one at your right and the other at your left, in your Kingdom." Jesus said in reply, "You do not know what you are asking. Can you drink the chalice that I am going to drink?" They said to him, "We can." He replied, "My chalice you will indeed drink, but to sit at my right and at my left, this is not mine to give but is for those for whom it has been prepared by my Father." When the ten heard this, they became indignant at the two brothers. But Jesus summoned them and said, "You

know that the rulers of the Gentiles lord it over them, and the great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

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.

LOVE
BEYOND MEASURE



Natural
Family
Planning

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

What do you wish? What do I need to ask God for today? What graces should I request from God to strengthen my marriage?

Can you drink the chalice that I am going to drink? What crosses do I bear in my everyday life? How can I help my spouse and children accept the challenges that come with discipleship?

Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many. How can I better serve my spouse and family? How can I show appreciation for the good things my spouse does for me?

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

Closing Prayer:

When the LORD brought back the captives of Zion,
we were like men dreaming.
Then our mouth was filled with laughter,
and our tongue with rejoicing.

Then they said among the nations,
"The LORD has done great things for them."
The LORD has done great things for us;
we are glad indeed.

Restore our fortunes, O LORD,
like the torrents in the southern desert.
Those that sow in tears
shall reap rejoicing.

Although they go forth weeping,
carrying the seed to be sown,
They shall come back rejoicing,
carrying their sheaves.

(From Psalm 126)

Living the Word This Week

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

Learn more about how Natural Family Planning can strengthen your marriage:
<https://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/what-is-nfp/frequently-asked-questions>

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