

Lectio Divina



Lectio Divina for July 26, 2024 Memorial of Saints Joachim and Anne

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 13:18-23

Jesus said to his disciples: "Hear the parable of the sower. The seed sown on the path is the one who hears the word of the Kingdom without understanding it, and the Evil One comes and steals away what was sown in his heart. The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he

immediately falls away. The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit. But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

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?

The Evil One comes and steals away what was sown in his heart. What occasions of sin do I struggle with most often? What behaviors or attitudes that I have might damage my marriage?

But he has no root and lasts only for a time. What am I doing to help deepen my faith? What steps am I taking to make God a part of my marriage?

But the seed sown on rich soil is the one who hears the word and understands it. Where do I hear the voice of the Lord? How can I be more attentive to God's voice?

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

Closing Prayer:

Hear the word of the LORD, O nations,
proclaim it on distant isles, and say:
He who scattered Israel, now gathers them together,
he guards them as a shepherd his flock.

The LORD shall ransom Jacob,
he shall redeem him from the hand
of his conqueror.
Shouting, they shall mount the heights of Zion,
they shall come streaming
to the LORD's blessings:
The grain, the wine, and the oil,
the sheep and the oxen.

Then the virgins shall make merry and dance,
and young men and old as well.
I will turn their mourning into joy,
I will console and gladden them
after their sorrows.

(From Jeremiah 31)

Living the Word This Week

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

Make a good examination of conscience and celebrate God's mercy in the Sacrament of Penance.

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.