

Lectio Divina



Lectio Divina for July 21, 2024 Sixteenth Sunday 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.
Mark 6:30-34

The apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." People were coming and going in great numbers, and they had no opportunity even to eat. So they went off in the boat by themselves to a deserted place. People saw them

leaving and many came to know about it. They hastened there on foot from all the towns and arrived at the place before them.

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

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?

Come away by yourselves to a deserted place and rest a while. When was the last time I spent time alone with God—just to talk with him, to love him, and hear what he desires for me? When was the last time I did the same with my spouse?

People were coming and going in great numbers, and they had no opportunity even to eat. How often do I use the busy-ness of life as an excuse for not spending time with my spouse and family? What steps can I take to make my marriage and family a priority?

They were like sheep without a shepherd; and he began to teach them many things. What distracts me from following God's will? How can I become more docile to God's will?

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

Closing Prayer:

The LORD is my shepherd; I shall not want.

In verdant pastures he gives me repose;
beside restful waters he leads me;
he refreshes my soul.

He guides me in right paths
for his name's sake.

Even though I walk in the dark valley

I fear no evil; for you are at my side
with your rod and your staff
that give me courage.

You spread the table before me
in the sight of my foes;
you anoint my head with oil;
my cup overflows.

Only goodness and kindness follow me
all the days of my life;
and I shall dwell in the house of the LORD
for years to come.

(From Psalm 23)

Living the Word This Week

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

If possible, attend Sunday Mass as a couple/family and pray for greater openness to God's plan for your marriage.

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