

Lectio Divina



Lectio Divina for July 24, 2024 Wednesday 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 13:1-9

On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying: "A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots.

Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."

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?

Jesus went out of the house and sat down by the sea. Where do I feel the presence of Jesus most strongly? How do I help others encounter Jesus?

Some seed fell among thorns, and the thorns grew up and choked it. What things distract me from my relationship with the Lord? How can I prune away my sinful behaviors?

But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. How does my faith bear fruit in my marriage? In what ways is my marriage life-giving?

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

Closing Prayer:

In you, O LORD, I take refuge;
let me never be put to shame.
In your justice rescue me, and deliver me;
incline your ear to me, and save me.

Be my rock of refuge,
a stronghold to give me safety,
for you are my rock and my fortress.
O my God, rescue me from the hand of the wicked.

For you are my hope, O Lord;
my trust, O God, from my youth.
On you I depend from birth;
from my mother's womb you are
my strength.

My mouth shall declare your justice,
day by day your salvation.
O God, you have taught me from my youth,
and till the present I proclaim
your wondrous deeds.

(From Psalm 71)

Living the Word This Week

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

Pray a decade of the Rosary (or a whole Rosary) for couples who are struggling with infertility and miscarriage. For more information on accompanying these couples:
<https://www.usccb.org/topics/natural-family-planning/infertility>

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