

Lectio Divina



Lectio Divina for the Fifth Week in Ordinary Time

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

(Collect, Fifth Week in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 5:13-16

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

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.



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

It is no longer good for anything but to be thrown out and trampled underfoot. What bad habits and sinful behaviors do I need to remove from my life? How can I replace these things with holier practices?

Nor do they light a lamp and then put it under a bushel basket. When have I hidden my light under a basket? When have I failed to appreciate God's blessings?

It gives light to all in the house. Who has shared the light of Christ with me? How can I share the light of Christ with others?

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

Closing Prayer

Light shines through the darkness for the upright;
he is gracious and merciful and just.
Well for the man who is gracious and lends,
who conducts his affairs with justice.

He shall never be moved;
the just one shall be in everlasting remembrance.
An evil report he shall not fear;
his heart is firm, trusting in the LORD.

His heart is steadfast; he shall not fear.
Lavishly he gives to the poor;
His justice shall endure forever;
his horn shall be exalted in glory.

(From Psalm 112)

Living the Word This Week

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

Keep a gratitude journal for a week, taking notice of God's blessings and thanking him for them.

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