

Lectio Divina



Lectio Divina for the Solemnity of the Ascension

We begin our prayer:

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

Gladden us with holy joys, almighty God,
and make us rejoice with devout thanksgiving,
for the Ascension of Christ your Son
is our exaltation,
and, where the Head has gone before in glory,
the Body is called to follow in hope.
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, Ascension, Mass during the Day)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

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?

When they saw him, they worshiped, but they doubted. When have my doubts kept me from living my faith fully? How can I offer support and encouragement to people who may be experiencing doubt?

Teaching them to observe all that I have commanded you. Who has been the most influential guide in my faith? What resources do I have to learn more about my faith?

And behold, I am with you always, until the end of the age. How do I experience God's enduring presence in my life? How can I reach out to those who feel abandoned and alone?

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

Closing Prayer

All you peoples, clap your hands,
shout to God with cries of gladness,
For the LORD, the Most High, the awesome,
is the great king over all the earth.

God mounts his throne amid shouts of joy;
the LORD, amid trumpet blasts.
Sing praise to God, sing praise;
sing praise to our king, sing praise.

For king of all the earth is God;
sing hymns of praise.
God reigns over the nations,
God sits upon his holy throne.

(From Psalm 47)

Living the Word This Week

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

Learn about ways that you can reach out to those who are no longer practicing their faith.

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