

Lectio Divina



Lectio Divina for the First Week of Lent

We begin our prayer:

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

Convert us, O God our Savior,
and instruct our minds by heavenly teaching,
that we may benefit from the works of Lent.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

(Collect for Monday of the First Week of Lent)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

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 passage again, followed by this reflection:

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

Tempted by Satan. What tempts me the most – to do something bad or to refrain from doing something good? What sin or weakness lies at the heart of this temptation?

The angels ministered to him. How can my faith community minister to me? How can I minister to others in need?

This is the time of fulfillment. The kingdom of God is at hand. What reasons do I give for delaying my efforts to grow closer to God and his Church? What can I do to help build the kingdom of God?

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

Closing Prayer:

Your ways, O LORD, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior.
Remember that your compassion, O LORD,
and your love are from of old.
In your kindness remember me,
because of your goodness, O LORD.
Good and upright is the LORD,
thus he shows sinners the way.
He guides the humble to justice,
and he teaches the humble his way.

Psalm 25:4-5, 6-7, 8-9

Living the Word This Week

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

Choose one thing your parish (or a parish near you) is doing this Lent – a special devotion (e.g., Stations of the Cross, Eucharistic adoration, etc.), a Bible study, a social justice project – and make participation a priority during this season.

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