

Lectio Divina



Lectio Divina for the Fourth Week of Lent

We begin our prayer:

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

May the working of your mercy, O Lord, we pray,
direct our hearts aright,
for without your grace
we cannot find favor in your sight.
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, Saturday of the Fourth Week of Lent)

Reading (Lectio)

Read the following Scripture two or three times.

John 3:14-21

Jesus said to Nicodemus: “Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not

believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

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 passage again, followed by this reflection:



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

So must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.
What steps can I take to increase my faith in Christ and his Church? How can I strengthen my hope to live with God in heaven?

For God did not send his Son into the world to condemn the world, but that the world might be saved through him. When am I quick to condemn and judge? How can I love and lift up those in need?

Whoever lives the truth comes to the light, so that his works may be clearly seen as done in God. What darkness and deceit must I purge from my life? How can I support the truth?

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

Closing Prayer:

By the streams of Babylon
we sat and wept
when we remembered Zion.
On the aspens of that land
we hung up our harps.
For there our captors asked of us
the lyrics of our songs,

And our despoilers urged us to be joyous:
"Sing for us the songs of Zion!"
How could we sing a song of the LORD
in a foreign land?
If I forget you, Jerusalem,
may my right hand be forgotten!
May my tongue cleave to my palate
if I remember you not,
If I place not Jerusalem
ahead of my joy.

Psalm 137:1-2, 3, 4-5, 6.

Living the Word This Week

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

Examine your conscience carefully and make plans to receive the Sacrament of Penance.

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