

Lectio Divina



Lectio Divina for the Sixth Week in Ordinary Time

We begin our prayer:

O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your
grace
as to become a dwelling pleasing to you.
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, Sixth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.

Matthew 5:20-22a, 27-28, 33-34a, 37

Jesus said to his disciples: “I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

“You have heard that it was said to your ancestors, *You shall not kill; and whoever kills will be liable to judgment.* But I say to you, whoever is angry with brother will be liable to judgment.

“You have heard that it was said, *You shall*

not commit adultery. But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.

“Again you have heard that it was said to your ancestors, *Do not take a false oath, but make good to the Lord all that you vow.* But I say to you, do not swear at all. Let your ‘Yes’ mean ‘Yes,’ and your ‘No’ mean ‘No.’ Anything more is from the evil one.”

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.



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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?

to lose my temper? What steps can I take to be kinder and more patient in my dealings with others?

Everyone who looks at a woman with lust has already committed adultery with her in his heart. How can I avoid the temptation to treat others as objects? How can I support the dignity of every person I meet?

Let your “Yes” mean “Yes,” and your “No” mean “No.” How often do I speak the truth in love? Can people rely upon my word?

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?

Join the issue advocacy network of your diocese or state Catholic conference.

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