



## Lectio Divina for the First Week of Advent

*We begin our prayer:*

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

Stir up your power, we pray, O Lord, and come,  
that with you to protect us,  
we may find rescue  
from the pressing dangers of our sins,  
and with you to set us free,  
we may be found worthy of salvation.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever.

*Collect, Friday of the First Week of Advent*

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

Luke 21:25-28, 34-36

Jesus said to his disciples: “There will be signs in the sun, the moon, and the stars, and on earth nations will be in dismay, perplexed by the roaring of the sea and the waves. People will die of fright in anticipation of what is coming upon the world, for the powers of the heavens will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. But when these signs begin

to happen, stand erect and raise your heads because your redemption is at hand.

“Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.”

### 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?

*There will be signs in the sun, the moon, and the stars.* How do I experience God's presence and majesty in the natural world? How can I become more aware of God's gift of creation?

*Then they will see the Son of Man coming in a cloud with power and great glory.* When have I been most aware of God's power acting in my life? How do my actions give glory to God?

*Stand erect and raise your heads because your redemption is at hand.* How can I grow in my longing for salvation? In this Advent, how can I prepare my heart for Christ's coming?

*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,  
and for you I wait all the day.

Good and upright is the LORD;  
thus he shows sinners the way.  
He guides the humble to justice,  
and teaches the humble his way.

All the paths of the LORD are kindness  
and constancy  
toward those who keep his covenant  
and his decrees.  
The friendship of the LORD is with those  
who fear him,  
and his covenant, for their instruction.

*From Psalm 25*

## Living the Word This Week

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

Before going to sleep each night this week, reflect on your day to become more attentive to God working in your life.

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