

Lectio Divina



Lectio Divina for the Fourth Week in Ordinary Time

We begin our prayer:

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

Grant us, Lord our God,
that we may honor you with all our mind,
and love everyone in truth of heart.
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, Fourth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 1:21-28

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits

and they obey him." His fame spread everywhere throughout the whole region of Galilee.

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?

He taught them as one having authority. What resources are available to help me learn more about what the Church teaches? What is my proper response to authority?

In their synagogue was a man with an unclean spirit. Who do I consider “unclean” and try to avoid? How can I show Christ’s love to people on the margins of society?

“Quiet! Come out of him!” What sinful behaviors do I need to cast out of my life? How can I cultivate virtuous habits to replace sinful ones?

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

Closing Prayer:

Come, let us sing joyfully to the LORD;
let us acclaim the rock of our salvation.
Let us come into his presence with thanksgiving;
let us joyfully sing psalms to him.

Come, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
and we are the people he shepherds, the flock he guides.

Oh, that today you would hear his voice:
“Harden not your hearts as at Meribah,
as in the day of Massah in the desert,
Where your fathers tempted me;
they tested me though they had seen my works.”

(From Psalm 95)

Living the Word This Week

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

Commit to learning more about your faith by attending a class in your parish or diocese or reading good Catholic books.

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