

# 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.

Bestow on us, we pray, O Lord,  
a spirit of always pondering on what is right  
and of hastening to carry it out,  
and, since without you we cannot exist,  
may we be enabled to live according to your will.  
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, Thursday 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 again, followed by this reflection:*

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

*He remained in the desert for forty days, tempted by Satan.* When have I wandered far away from God? What tempts me to sinful behaviors?

*The angels ministered to him.* When have I felt the consolation of God's love? How can I share that love with those I meet?

*Repent, and believe in the gospel.* What parts of my life are in need of conversion? How can I grow in my ability to follow God's will for my life?

*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.

(from Psalm 25)

## Living the Word This Week

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

Make plans to receive the Sacrament of Penance during Lent.

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