

Lectio Divina



Lectio Divina for the Solemnity of the Ascension of the Lord

We begin our prayer:

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

Gladden us with holy joys, almighty God,
and make us rejoice with devout
 thanksgiving,
for the Ascension of Christ your Son
is our exaltation,
and, where the Head has gone before in
 glory,
the Body is called to follow in hope.
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, Ascension, Mass During the Day)

Reading (*Lectio*)

*Read the following Scripture two or three
times.*

Luke 24:46-53

Jesus said to his disciples: "Thus it is written
that the Christ would suffer and rise from
the dead on the third day and that
repentance, for the forgiveness of sins,
would be preached in his name
to all the nations, beginning from Jerusalem.
You are witnesses of these things. And

behold I am sending the promise of my
Father upon you; but stay in the city until
you are clothed with power from on high."

Then he led them out as far as Bethany,
raised his hands, and blessed them. As he
blessed them he parted from them and was
taken up to heaven. They did him homage
and then returned to Jerusalem with great
joy, and they were continually in the temple
praising 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.*



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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?

Thus it is written that ... repentance, for the forgiveness of sins, would be preached in his name. For what do I need to repent? How can I open my heart and life to God's mercy and forgiveness?

You are witnesses of these things. Who has witnessed to me about God's saving love? How can I be a better witness to Jesus' mission?

They were continually in the temple praising God. How often do I pray? How can I make more time for prayer and adoration?

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

Closing Prayer:

All you peoples, clap your hands,
shout to God with cries of gladness,
For the LORD, the Most High, the
awesome,
is the great king over all the earth.

God mounts his throne amid shouts of joy;
the LORD, amid trumpet blasts.
Sing praise to God, sing praise;
sing praise to our king, sing praise.

For king of all the earth is God;
sing hymns of praise.
God reigns over the nations,
God sits upon his holy throne.

(From Psalm 47)

Living the Word This Week

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

Read the U.S. bishops' pastoral plan for evangelization, *Go and Make Disciples*:
<http://www.usccb.org/beliefs-and-teachings/how-we-teach/evangelization/go-and-make-disciples/go-and-make-disciples-a-national-plan-and-strategy-for-catholic-evangelization-in-the-united-states.cfm>.

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