

Lectio Divina



Lectio Divina for the Solemnity of Christmas

We begin our prayer:

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

O God, who wonderfully created the dignity of human nature and still more wonderfully restored it, grant, we pray, that we may share in the divinity of Christ, who humbled himself to share in our humanity. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Christmas, Mass During the Day)

Reading (*Lectio*)

Read the following Scripture two or three times.

John 1:1-5, 9-14

In the beginning was the Word,
and the Word was with God,
and the Word was God.
He was in the beginning with God.
All things came to be through him,
and without him nothing came to be.
What came to be through him was life,
and this life was the light of the human race;
the light shines in the darkness,
and the darkness has not overcome it.
The true light, which enlightens everyone, was coming into the world.
He was in the world,
and the world came to be through him,

but the world did not know him.
He came to what was his own,
but his own people did not accept him.

But to those who did accept him he gave power to become children of God, to those who believe in his name, who were born not by natural generation nor by human choice nor by a man's decision but of God.

And the Word became flesh
and made his dwelling among us,
and we saw his glory,
the glory as of the Father's only Son,
full of grace and truth.

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?

The true light, which enlightens everyone, was coming into the world. How can I learn more about my faith? How can my values and beliefs bring light to the dark parts of my life and the world?

He came to what was his own, / but his own people did not accept him. Where do I feel as though I am not accepted? Who do I fail to accept as a brother or sister in Christ?

And the Word became flesh / and made his dwelling among us. Where do I feel God's presence most profoundly? How can I make myself a dwelling place for God?

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

Closing Prayer:

Sing to the LORD a new song,
for he has done wondrous deeds;
his right hand has won victory for him,
his holy arm.

The LORD has made his salvation known:
in the sight of the nations he has revealed his
justice.

He has remembered his kindness and his
faithfulness
toward the house of Israel.

All the ends of the earth have seen
the salvation by our God.
Sing joyfully to the LORD, all you lands;
break into song; sing praise.

Sing praise to the LORD with the harp,
with the harp and melodious song.
With trumpets and the sound of the horn
sing joyfully before the King, the LORD.

(From Psalm 98)

Living the Word This Week

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

In this holiday season, visit a friend or family member who you have not seen in a while or open your home to someone who is alone.

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