

Lectio Divina



Lectio Divina for the Twelfth 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, O Lord,
that we may always revere and love your holy
name,
for you never deprive of your guidance
those you set firm on the foundation of your love.
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, Twelfth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Matthew 10:26-33

Jesus said to the Twelve: “Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more

than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.”

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?

Nothing is concealed that will not be revealed, nor secret that will not be known. How and why do I hide my true self from others? What secret parts of my life do I need to bring to God for healing?

What I say to you in the darkness, speak in the light. How have I shared my faith in recent weeks? How does my way of living reflect what I believe?

So do not be afraid; you are worth more than many sparrows. How do my interactions with others in person and on social media reflect their dignity and worth? What people or groups in my community are not treated as valued children of God?

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

Closing Prayer:

For your sake I bear insult,
and shame covers my face.
I have become an outcast to my brothers,
a stranger to my children,
Because zeal for your house consumes me,
and the insults of those who blaspheme you
fall upon me.

I pray to you, O LORD,
for the time of your favor, O God!
In your great kindness answer me
with your constant help.
Answer me, O LORD, for bounteous is your
kindness;
in your great mercy turn toward me.

“See, you lowly ones, and be glad;
you who seek God, may your hearts revive!
For the LORD hears the poor,
and his own who are in bonds he spurns not.
Let the heavens and the earth praise him,
the seas and whatever moves in them!”

(From Psalm 69)

Living the Word This Week

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

Share your faith by taking some action that supports the dignity of all human beings: write to a legislator, feed the homeless, support women in crisis pregnancies, etc.

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