

Lectio Divina



Lectio Divina for the Fourth Week of Advent

We begin our prayer:

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

Almighty ever-living God,
as we see how the Nativity of your Son
according to the flesh draws near,
we pray that to us, your unworthy servants,
mercy may flow from your Word,
who chose to become flesh of the Virgin Mary
and establish among us his dwelling,
Jesus Christ our Lord.
Who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

(Collect, December 23)

Reading (*Lectio*)

Read the following Scripture two or three times.
Luke 1:39-45

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

And how does this happen to me, that the mother of my Lord should come to me? When I have been surprised to experience the presence and comfort of the Lord? How do I carry Christ to others?

For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. When does my heart leap for joy? How can I bring joy to those who are in pain and sorrow?

Blessed are you who believed that what was spoken to you by the Lord would be fulfilled. How can I grow in trusting God? How is God's word being fulfilled in my life?

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

Closing Prayer:

O shepherd of Israel, hearken,
from your throne upon the cherubim, shine forth.
Rouse your power,
and come to save us.

Once again, O LORD of hosts,
look down from heaven, and see;
take care of this vine,
and protect what your right hand has planted
the son of man whom you yourself made strong.

May your help be with the man of your right hand,
with the son of man whom you yourself made
strong.
Then we will no more withdraw from you;
give us new life, and we will call upon your name.

(From Psalm 80)

Living the Word This Week

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

Learn more about your parish's outreach to the sick and homebound and their caregivers. Look for a way that you can assist.

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