



Lectio Divina for Tuesday July 21, 2026

But he said in reply to the one who told him,
“Who is my mother? Who are my brothers?”
And stretching out his hand toward his disciples, he
said,
“Here are my mother and my brothers.
For whoever does the will of my heavenly Father
is my brother, and sister, and mother.”



Meditation (*Meditatio*)

*After the reading, call upon the Holy Spirit to help
you reflect in silence on one or more of the following
questions:*

- ❖ **What word or phrase caught my attention??**
- ❖ **What did the word or phrase “say” to me?**
- ❖ **What comforted me?**
- ❖ **What challenged me?**

*During this NFP Week where we celebrate God’s
gifts of married love and the gift of life and learn
about the ethical methods of Natural Family
Planning, ask a few more questions:*

- ❖ **How can I better live my vocation of marriage?**
- ❖ **How can I love my spouse better?**
- ❖ **If I have fertility challenges, am I open to
caring for children through foster care or
adoption?**



Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

- ❖ **What conversion of mind, heart, and life is the
Lord asking of me?**
- ❖ **Is my heart open to the Lord’s grace?**

*Now, sit in silence and let the Holy Spirit speak to
you.*

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

Heavenly Father,
Send your Holy Spirit
to open our minds and hearts.
With your grace,
grant us understanding of Your
gifts of human sexuality, marriage,
children, and family
according to Your divine plan.
Grow in us the virtues of chastity,
prudence, temperance, justice,
and fortitude.
Deepen our faith, hope, and love
so that we can love You and
our families and neighbors
as You love us!

Amen.

Reading (*Lectio*)

*Read the following Scripture slowly, and if possible,
out loud, two or three times.
(Matthew 12:46–50)*

While Jesus was speaking to the crowds,
his mother and his brothers appeared outside,
wishing to speak with him.
Someone told him, “Your mother and your brothers
are standing outside,
asking to speak with you.”



Prayer (Oratio)

Praise the Lord and bring your concerns and petitions to Him.

After your conversation with the Lord, pause and be still in His presence. Allow yourself to love Him and receive His love.



Closing Prayer

Conclude your prayer with following psalm taken from today's readings (Psalm 50:5–6, 8–9, 16bc–17, 21, 23):

“Gather my faithful ones before me,
those who have made a covenant
with me by sacrifice.”
And the heavens proclaim his justice;
for God himself is the judge.

“Not for your sacrifices do I rebuke you,
for your burnt offerings
are before me always.
I take from your house no bullock,
no goats out of your fold.”

“Why do you recite my statutes,
and profess my covenant
with your mouth,
Though you hate discipline
and cast my words behind you?”

“When you do these things,
shall I be deaf to it?
Or do you think
that I am like yourself?
I will correct you by drawing
them up before your eyes.

He that offers praise as a sacrifice glorifies me;
and to him that goes the right way
I will show the salvation of God.”

Lord God,
As the Psalmist says, “To the upright I will show the
saving power of God.” (Ps 50:23)
Look upon us Oh Lord, and have mercy.

Pour out Your grace to enlighten our minds.
Send us Your Holy Spirit to make our hearts
soft to your touch.

Help us to accept the salvation you offer in your Son,
Jesus Christ our Lord!

Lord help me to love like You!

Amen.



Resources

Church teaching on love and human sexuality: This webpage summarizes Catholic teaching
<https://www.usccb.org/topics/natural-family-planning/love-and-sexuality>

Humanae vitae: This papal document (encyclical) of the Catholic Church explains the nature of married love and the gift of life https://www.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae.html

Married Love and the Gift of Life: This document of the U.S. bishops summarizes Church teaching on marriage, procreation, and responsible parenthood. See <https://www.usccb.org/resources/Married%20Love%20Final%20Text%20Nov06%20for%20Website%20-%20Copy.pdf>

Natural Family Planning (NFP): Where to learn about the ethical methods of NFP and to learn a method see <https://www.usccb.org/topics/natural-family-planning>



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