

Lectio Divina



Lectio Divina for the Solemnity of the Most Holy Body and Blood of Christ

We begin our prayer:

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

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood

that we may always experience in ourselves the fruits of your redemption.

Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Solemnity of the Most Holy Body and Blood of Christ)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 14:12-16, 22-26

On the first day of the Feast of Unleavened Bread, when they sacrificed the Passover lamb, Jesus' disciples said to him, "Where do you want us to go and prepare for you to eat the Passover?" He sent two of his disciples and said to them, "Go into the city and a man will meet you, carrying a jar of water. Follow him. Wherever he enters, say to the master of the house, 'The Teacher says, "Where is my guest room where I may eat the Passover with my disciples?"' Then he will show you a large upper room furnished and ready. Make the preparations

for us there." The disciples then went off, entered the city, and found it just as he had told them; and they prepared the Passover. While they were eating, he took bread, said the blessing, broke it, gave it to them, and said, "Take it; this is my body." Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." Then, after singing a hymn, they went out to the Mount of Olives.

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?

Where do you want us to go? Where is God calling me to serve? Where are people most in need of the gifts I can share?

Furnished and ready. How can I best prepare myself to be a faithful disciple? How can I make myself ready to follow God's will for me?

Take it; this is my body. How do I prepare myself to receive the Eucharist? What effects does the Eucharist have in my daily life?

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

Closing Prayer:

How shall I make a return to the LORD
for all the good he has done for me?
The cup of salvation I will take up,
and I will call upon the name of the LORD.
Precious in the eyes of the LORD
is the death of his faithful ones.
I am your servant, the son of your handmaid;
you have loosed my bonds.
To you will I offer sacrifice of thanksgiving,
and I will call upon the name of the LORD.
My vows to the LORD I will pay
in the presence of all his people.

(From Psalm 116)

Living the Word This Week

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

Spend some time this week in the presence of the Blessed Sacrament. You can read Scripture, pray, or just sit with Jesus in silence.

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