

# Lectio Divina



## Lectio Divina for the Fourteenth Week in Ordinary Time

*We begin our prayer:*

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

O God, who in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery to sin  
you bestow eternal gladness.  
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, Fourteenth Sunday in Ordinary Time)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*  
Matthew 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him."

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

### 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?

*Although you have hidden these things from the wise and the learned you have revealed them to little ones.* How can I grow in humility? How can I be a lifelong learner about my faith?

*No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.* How do I come to know God better? How can I help others know God?

*For my yoke is easy, and my burden light.* What burdens do I need to turn over to the Lord? When have I felt God supporting me in a difficult time?

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

## Closing Prayer

I will extol you, O my God and King,  
and I will bless your name forever and ever.  
Every day will I bless you,  
and I will praise your name forever and ever.

The LORD is gracious and merciful,  
slow to anger and of great kindness.  
The LORD is good to all  
and compassionate toward all his works.

Let all your works give you thanks, O LORD,  
and let your faithful ones bless you.  
Let them discourse of the glory of your kingdom  
and speak of your might.

The LORD is faithful in all his words  
and holy in all his works.  
The LORD lifts up all who are falling  
and raises up all who are bowed down.

(From Psalm 145)

## Living the Word This Week

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

Read the bishops' pastoral statement on evangelization, *Go and Make Disciples*:  
<http://www.usccb.org/beliefs-and-teachings/how-we-teach/evangelization/go-and-make-disciples/go-and-make-disciples-a-national-plan-and-strategy-for-catholic-evangelization-in-the-united-states.cfm>

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