

Lectio Divina



Lectio Divina for the First Week of Advent

We begin our prayer:

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

Stir up your power, O Lord,
and come to our help with mighty strength,
that what our sins impede
the grace of your mercy may hasten.
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, Thursday of the First Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.
Luke 21:25-28, 34-36

Jesus said to his disciples: “There will be signs in the sun, the moon, and the stars, and on earth nations will be in dismay, perplexed by the roaring of the sea and the waves. People will die of fright in anticipation of what is coming upon the world, for the powers of the heavens will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. But when these signs begin to happen, stand erect and raise your heads because your redemption is at hand.

“Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.”

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

People will die of fright in anticipation of what is coming upon the world. What events and situations in the world create fear and concern in my heart? How can I be a force for peace and justice?

Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life. What anxieties or circumstances in my daily life make my heart drowsy? How can I wake my heart to love of God and neighbor?

Be vigilant at all times and pray. When am I least attentive to God and neighbor? How can I increase my vigilance in prayer and action?

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

Closing Prayer:

Your ways, O LORD, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior,
and for you I wait all the day.

Good and upright is the LORD;
thus he shows sinners the way.
He guides the humble to justice,
and teaches the humble his way.

All the paths of the LORD are kindness and
constancy
toward those who keep his covenant and his
decrees.
The friendship of the LORD is with those who fear
him,
and his covenant, for their instruction.

(From Psalm 25)

Living the Word This Week

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

Every day this week, pray for some event or need that you see in the headlines.

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.