



**Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina**

Tuesday of the Thirtieth Week in Ordinary Time Year II

Lectionary 480:Eph 5:21-33 or Eph 5:2a, 25-32/Ps 128:1-2, 3, 4-5/See Mt 11:25/Lk 13:18-21

Read the following passage four times.

- The first reading, simply read the scripture and pause for a minute.
Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- The second reading, look for a key word or phrase that draws your attention.
Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "*Where does the content of this reading touch my life today?*"
Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "*I believe that God wants me to today/this week.*"
Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Reading

Eph 5:21-33

Brothers and sisters: Be subordinate to one another out of reverence for Christ. Wives should be subordinate to their husbands as to the Lord. For the husband is head of his wife just as Christ is head of the Church, he himself the savior of the Body. As the Church is subordinate to Christ, so wives should be subordinate to their husbands in everything. Husbands, love your wives, even as Christ loved the Church and handed himself over for her to sanctify her, cleansing her by the bath of water with the word, that he might present to himself the Church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. So also husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the Church, because we are members of his Body.

For this reason, a man shall leave his father and his mother and be joined to his wife, and the two shall become one flesh.

This is a great mystery, but I speak in reference to Christ and the Church. In any case, each one of you should love his wife as himself, and the wife should respect her husband.

Or

Eph 5:2a, 25-32

Brothers and sisters: Live in love, as Christ loved us. Husbands, love your wives, even as Christ loved the church and handed himself over for her to sanctify her, cleansing her by the bath of water with the word, that he might present to himself the church in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. So also husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does



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Responsorial Psalm

Ps 128:1-2, 3, 4-5

R. (1a) Blessed are those who fear the Lord.

Blessed are you who fear the LORD, who walk in his ways! For you shall eat the fruit of your handiwork; blessed shall you be, and favored.

R. Blessed are those who fear the Lord.

Your wife shall be like a fruitful vine in the recesses of your home; your children like olive plants around your table.

R. Blessed are those who fear the Lord.

Behold, thus is the man blessed who fears the LORD. The LORD bless you from Zion: may you see the prosperity of Jerusalem all the days of your life.

R. Blessed are those who fear the Lord.



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Alleluia

See Mt 11:25

R. Alleluia, alleluia.

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the Kingdom.

R. Alleluia, alleluia.

Gospel

Lk 13:18-21

Jesus said, "What is the Kingdom of God like? To what can I compare it? It is like a mustard seed that a man took and planted in the garden. When it was fully grown, it became a large bush and the birds of the sky dwelt in its branches."

Again he said, "To what shall I compare the Kingdom of God? It is like yeast that a woman took and mixed in with three measures of wheat flour until the whole batch of dough was leavened."