



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

**Wednesday of the Second Week in Ordinary Time Year I**

**Lectionary: 313: Heb 7:1-3, 15-17/Ps 110:1, 2, 3, 4/ See Mt 4:23/Mk 3:1-6**

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**

*Heb 7:1-3, 15-17*

Melchizedek, king of Salem and priest of God Most High, met Abraham as he returned from his defeat of the kings and blessed him. And Abraham apportioned to him a tenth of everything. His name first means righteous king, and he was also "king of Salem," that is, king of peace. Without father, mother, or ancestry, without beginning of days or end of life, thus made to resemble the Son of God, he remains a priest forever.

It is even more obvious if another priest is raised up after the likeness of Melchizedek, who has become so, not by a law expressed in a commandment concerning physical descent but by the power of a life that cannot be destroyed. For it is testified: You are a priest forever according to the order of Melchizedek.



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**Responsorial Psalm**

*Ps 110:1, 2, 3, 4*

**R. (4b) You are a priest forever, in the line of Melchizedek.**

The LORD said to my Lord: "Sit at my right hand till I make your enemies your footstool."

**R. You are a priest forever, in the line of Melchizedek.**

The scepter of your power the LORD will stretch forth from Zion: "Rule in the midst of your enemies."

**R. You are a priest forever, in the line of Melchizedek.**

"Yours is princely power in the day of your birth, in holy splendor; before the daystar, like the dew, I have begotten you."

**R. You are a priest forever, in the line of Melchizedek.**

The LORD has sworn, and he will not repent: "You are a priest forever, according to the order of Melchizedek."

**R. You are a priest forever, in the line of Melchizedek.**



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**Alleluia**

*See Mt 4:23*

**R. Alleluia, alleluia.**

Jesus preached the Gospel of the Kingdom and cured every disease among the people.

**R. Alleluia, alleluia.**

**Gospel**

*Mk 3:1-6*

Jesus entered the synagogue. There was a man there who had a withered hand. They watched Jesus closely to see if he would cure him on the Sabbath so that they might accuse him. He said to the man with the withered hand, "Come up here before us." Then he said to the Pharisees, "Is it lawful to do good on the Sabbath rather than to do evil, to save life rather than to destroy it?" But they remained silent. Looking around at them with anger and grieved at their hardness of heart, Jesus said to the man, "Stretch out your hand." He stretched it out and his hand was restored. The Pharisees went out and immediately took counsel with the Herodians against him to put him to death.