



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Wednesday of the Second Week of Advent
Lectionary: 183

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Lectio Divina

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

Is 40:25-31

To whom can you liken me as an equal? Says the Holy One. Lift up your eyes on high and see who has created these things: He leads out their army and numbers them, calling them all by name. By his great might and the strength of his power not one of them is missing! Why, O Jacob, do you say, and declare, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God?"

Do you not know or have you not heard? The LORD is the eternal God, creator of the ends of the earth. He does not faint nor grow weary, and his knowledge is beyond scrutiny. He gives strength to the fainting; for the weak he makes vigor abound. Though young men faint and grow weary, and youths stagger and fall, they that hope in the LORD will renew their strength, they will soar as with eagles' wings; they will run and not grow weary, walk and not grow faint.

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Responsorial Psalm

Ps 103:1-2, 3-4, 8 and 10

R. (1) O bless the Lord, my soul!

Bless the LORD, O my soul; and all my being, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits.

R. O bless the Lord, my soul!

He pardons all your iniquities; he heals all your ills. He redeems your life from destruction; he crowns you with kindness and compassion.

R. O bless the Lord, my soul!

Merciful and gracious is the LORD, slow to anger and abounding in kindness. Not according to our sins does he deal with us, nor does he requite us according to our crimes.

R. O bless the Lord, my soul!

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Alleluia

R. Alleluia, alleluia.

Behold, the Lord comes to save his people; blessed are those prepared to meet him.

R. Alleluia, alleluia.

Gospel

Mt 11:28-30

Jesus said to the crowds: "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."