



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

***The Solemnity of the Most Holy Trinity, Cycle B***

**Lectionary: 165: Dt 4:32-34, 39-40/Ps 33:4-5, 6, 9, 18-19, 20, 22/Rom 8:14-17/Mt 28:16-20**

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.

**First Reading**

*Deuteronomy 4:32-34, 39-40*

Moses said to the people: "Ask now of the days of old, before your time, ever since God created man upon the earth; ask from one end of the sky to the other: Did anything so great ever happen before? Was it ever heard of? Did a people ever hear the voice of God speaking from the midst of fire, as you did, and live? Or did any god venture to go and take a nation for himself from the midst of another nation, by testing's, by signs and wonders, by war, with strong hand and outstretched arm, and by great terrors, all of which the LORD, your God, did for you in Egypt before your very eyes? This is why you must now know, and fix in your heart, that the LORD is God in the heavens above and on earth below, and that there is no other. You must keep his statutes and commandments that I enjoin on you today, that you and your children after you may prosper, and that you may have long life on the land which the LORD, your God, is giving you forever."



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**Responsorial Psalm**

*Ps 33:4-5, 6, 9, 18-19, 20, 22*

***R. (12b) Blessed the people the Lord has chosen to be his own.***

Upright is the word of the LORD, and all his works are trustworthy. He loves justice and right; of the kindness of the Lord the earth is full.

***R. Blessed the people the Lord has chosen to be his own.***

By the word of the LORD the heavens were made; by the breath of his mouth all their host. For he spoke, and it was made; he commanded, and it stood forth.

***R. Blessed the people the Lord has chosen to be his own.***

See, the eyes of the LORD are upon those who fear him, upon those who hope for his kindness, to deliver them from death and preserve them in spite of famine.

***R. Blessed the people the Lord has chosen to be his own.***

Our soul waits for the LORD, who is our help and our shield. May your kindness, O LORD, be upon us who have put our hope in you.

***R. Blessed the people the Lord has chosen to be his own.***



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**Second Reading**

*Romans 8:14-17*

Brothers and sisters: For those who are led by the Spirit of God are sons of God. For you did not receive a spirit of slavery to fall back into fear, but you received a Spirit of adoption, through whom we cry, "Abba, Father!" The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.



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**Alleluia**

*Rev 1:8*

***R. Alleluia, alleluia.***

Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come.

***R. Alleluia, alleluia.***

**Gospel**

*Mt 28:16-20*

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they all saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."