

Archdiocese of St. Louis Office of Sacred Worship Lectio Divina

Wednesday of the Thirteenth Week in Ordinary Time Year II

Lectionary: 379: Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Jas 1:18/Mt 8:28-34

Read the following passage four times.

- ➤ The first reading, simple 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.

ReadingAm 5:14-15, 21-24

Seek good and not evil, that you may live; then truly will the LORD, the God of hosts, be with you as you claim! Hate evil and love good, and let justice prevail at the gate; then it may be that the LORD, the God of hosts, will have pity on the remnant of Joseph.

I hate, I spurn your feasts, says the LORD, I take no pleasure in your solemnities; your cereal offerings I will not accept, nor consider your stall-fed peace offerings. Away with your noisy songs! I will not listen to the melodies of your harps. But if you would offer me burnt offerings, then let justice surge like water, and goodness like an unfailing stream.



Archdiocese of St. Louis Office of Sacred Worship Lectio Divina

Wednesday of the Thirteenth Week in Ordinary Time Year II

Lectionary: 379: Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Jas 1:18/Mt 8:28-34

Read the following passage four times.

- ➤ The first reading, simple 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.

Responsorial Psalm

Ps 50:7, 8-9, 10-11, 12-13, 16bc-17

R. (23b) To the upright I will show the saving power of God.

"Hear, my people, and I will speak; Israel, I will testify against you; God, your God, am I."

R. To the upright I will show the saving power of God.

"Not for your sacrifices do I rebuke you, for your burnt offerings are before me always. I take from your house no bullock, no goats out of your fold."

R. To the upright I will show the saving power of God.

"For mine are all the animals of the forests, beasts by the thousand on my mountains. I know all the birds of the air, and whatever stirs in the plains, belongs to me."

R. To the upright I will show the saving power of God.

"If I were hungry, I should not tell you, for mine are the world and its fullness. Do I eat the flesh of strong bulls, or is the blood of goats my drink?"

R. To the upright I will show the saving power of God.

"Why do you recite my statutes, and profess my covenant with your mouth, though you hate discipline and cast my words behind you?"



Archdiocese of St. Louis Office of Sacred Worship Lectio Divina Wednesday of the Thirteenth Week in Ordinary Time Year II Lectionary: 379: Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Jas 1:18/Mt 8:28-34

R. To the upright I will show the saving power of God.



Archdiocese of St. Louis Office of Sacred Worship Lectio Divina

Wednesday of the Thirteenth Week in Ordinary Time Year II

Lectionary: 379: Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Jas 1:18/Mt 8:28-34

Read the following passage four times.

- ➤ The first reading, simple 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.

Alleluia Jas 1:18

R. Alleluia, alleluia.

The Father willed to give us birth by the word of truth that we may be a kind of first fruits of his creatures. **R. Alleluia, alleluia.**

Gospel Mt 8:28-34

When Jesus came to the territory of the Gadarenes, two demoniacs who were coming from the tombs met him. They were so savage that no one could travel by that road. They cried out, "What have you to do with us, Son of God? Have you come here to torment us before the appointed time?" Some distance away a herd of many swine was feeding. The demons pleaded with him, "If you drive us out, send us into the herd of swine." And he said to them, "Go then!" They came out and entered the swine, and the whole herd rushed down the steep bank into the sea where they drowned. The swineherds ran away, and when they came to the town they reported everything, including what had happened to the demoniacs. Thereupon the whole town came out to meet Jesus, and when they saw him they begged him to leave their district.