



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

The Most Sacred Heart of Jesus, Cycle B

Lectionary: 171: Hos 11:1, 3-4, 8c-9/ Is 12:2-3, 4, 5-6/Eph 3:8-12, 14-19/Jn 19:31-37

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

Hos 11:1, 3-4, 8c-9

Thus says the LORD: When Israel was a child I loved him, out of Egypt I called my son. Yet it was I who taught Ephraim to walk, who took them in my arms; I drew them with human cords, with bands of love; I fostered them like one who raises an infant to his cheeks; Yet, though I stooped to feed my child, they did not know that I was their healer.

My heart is overwhelmed, my pity is stirred. I will not give vent to my blazing anger, I will not destroy Ephraim again; For I am God and not a man, the Holy One present among you; I will not let the flames consume you.



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Responsorial Psalm

Is 12:2-3, 4, 5-6

R. (3) You will draw water joyfully from the springs of salvation.

God indeed is my savior; I am confident and unafraid. My strength and my courage is the LORD, and he has been my savior. With joy you will draw water at the fountain of salvation.

R. You will draw water joyfully from the springs of salvation.

Give thanks to the LORD, acclaim his name; among the nations make known his deeds, proclaim how exalted is his name.

R. You will draw water joyfully from the springs of salvation.

Sing praise to the LORD for his glorious achievement; let this be known throughout all the earth. Shout with exultation, O city of Zion, for great in your midst is the Holy One of Israel!

R. You will draw water joyfully from the springs of salvation.



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Second Reading

Eph 3:8-12, 14-19

Brothers and sisters: To me, the very least of all the holy ones, this grace was given, to preach to the Gentiles the inscrutable riches of Christ, and to bring to light for all what is the plan of the mystery hidden from ages past in God who created all things, so that the manifold wisdom of God might now be made known through the church to the principalities and authorities in the heavens. This was according to the eternal purpose that he accomplished in Christ Jesus our Lord, in whom we have boldness of speech and confidence of access through faith in him.

For this reason I kneel before the Father, from whom every family in heaven and on earth is named, that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, so that you may be filled with all the fullness of God.



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Alleluia

Mt 11:29ab

R. Alleluia, alleluia.

Take my yoke upon you, says the Lord; and learn from me, for I am meek and humble of heart.

R. Alleluia, alleluia.

Or

1 Jn 4:10b

R. Alleluia, alleluia.

God first loved us and sent his Son as expiation for our sins.

R. Alleluia, alleluia.

Gospel

Jn 19:31-37

Since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the Scripture passage might be fulfilled: Not a bone of it will be broken. And again another passage says: They will look upon him whom they have pierced.