



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

Saint Anthony, Abbot, Memorial

Lectionary: 513: Eph 6:10-13, 18/Ps 16:1-2a and 5, 7-8, 11/Jn 8:31b-32/Mt 19:16-26

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

Eph 6:10-13, 18

Brothers and sisters:

Draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground.

With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones.



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Responsorial Psalm

Ps 16:1-2a and 5, 7-8, 11

R. You are my inheritance, O Lord.

Keep me safe, O God; in you I take refuge. I say to the LORD, you are my Lord, you are my only good. LORD, my allotted portion and my cup, you have made my destiny secure.

R. You are my inheritance, O Lord.

I bless the LORD who counsels me; even at night my heart exhorts me. I keep the LORD always before me; with him at my right hand, I shall never be shaken.

R. You are my inheritance, O Lord.

You will show me the path to life, abounding joy in your presence, the delights at your right hand forever.



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Alleluia

Jn 8:31b-32

R. Alleluia, alleluia.

If you remain in my word, you will truly be my disciples, and you will know the truth, says the Lord.

R. Alleluia, alleluia.

Gospel

Mt 19:16-26

Now someone approached him and said, "Teacher, what good must I do to gain eternal life?" He answered him, "Why do you ask me about the good? There is only One who is good.* If you wish to enter into life, keep the commandments." He asked him, "Which ones?" And Jesus replied, " 'You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witness; honor your father and your mother'; and 'you shall love your neighbor as yourself.'" The young man said to him, "All of these I have observed. What do I still lack?" Jesus said to him, "If you wish to be perfect,* go, sell what you have and give to [the] poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this statement, he went away sad, for he had many possessions. Then Jesus said to his disciples, "Amen, I say to you, it will be hard for one who is rich to enter the kingdom of heaven. Again I say to you, it is easier for a camel to pass through the eye of a needle than for one who is rich to enter the kingdom of God." When the disciples heard this, they were greatly astonished and said, "Who then can be saved?" Jesus looked at them and said, "For human beings this is impossible, but for God all things are possible."