



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

Thursday of the Fourth Week in Ordinary Time Year I

Lectionary: 326: Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11/Mk 1:15/Mk 6:7-13

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

Heb 12:18-19, 21-24

Brothers and sisters: You have not approached that which could be touched and a blazing fire and gloomy darkness and storm and a trumpet blast and a voice speaking words such that those who heard begged that no message be further addressed to them. Indeed, so fearful was the spectacle that Moses said, "I am terrified and trembling." No, you have approached Mount Zion and the city of the living God, the heavenly Jerusalem, and countless angels in festal gathering, and the assembly of the firstborn enrolled in heaven, and God the judge of all, and the spirits of the just made perfect, and Jesus, the mediator of a new covenant, and the sprinkled Blood that speaks more eloquently than that of Abel.



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Responsorial Psalm

Ps 48:2-3ab, 3cd-4, 9, 10-11

R. (see 10) O God, we ponder your mercy within your temple.

Great is the LORD and wholly to be praised in the city of our God. His holy mountain, fairest of heights, is the joy of all the earth.

R. O God, we ponder your mercy within your temple.

Mount Zion, "the recesses of the North," the city of the great King. God is with her castles; renowned is he as a stronghold.

R. O God, we ponder your mercy within your temple.

As we had heard, so have we seen in the city of the LORD of hosts, in the city of our God; God makes it firm forever.

R. O God, we ponder your mercy within your temple.

O God, we ponder your mercy within your temple. As your name, O God, so also your praise reaches to the ends of the earth. Of justice your right hand is full.

R. O God, we ponder your mercy within your temple.



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Alleluia

Mk 1:15

R. Alleluia, alleluia.

The Kingdom of God is at hand; repent and believe in the Gospel.

R. Alleluia, alleluia.

Gospel

Mk 6:7-13

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick—no food, no sack, and no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, "Wherever you enter a house, stay there until you leave from there. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them." So they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.