



**Archdiocese of St. Louis**  
**Office of Sacred Worship**  
**Lectio Divina**  
**Friday after Epiphany**  
**Lectionary: 216**

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***Lectio Divina***

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**

*1 Jn 5:5-13*

Beloved: Who indeed is the victor over the world but the one who believes that Jesus is the Son of God?

This is the one who came through water and Blood, Jesus Christ, not by water alone, but by water and Blood. The Spirit is the one who testifies, and the Spirit is truth. So there are three who testify, the Spirit, the water, and the Blood, and the three are of one accord. If we accept human testimony, the testimony of God is surely greater. Now the testimony of God is this that he has testified on behalf of his Son. Whoever believes in the Son of God has this testimony within himself. Whoever does not believe God has made him a liar by not believing the testimony God has given about his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever possesses the Son has life; whoever does not possess the Son of God does not have life.

I write these things to you so that you may know that you have eternal life, you who believe in the name of the Son of God.

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**Responsorial Psalm**

*Ps 147:12-13, 14-15, 19-20*

**R. (12a) Praise the Lord, Jerusalem. Or: R. Alleluia.**

Glorify the LORD, O Jerusalem; praise your God, O Zion. For he has strengthened the bars of your gates; he has blessed your children within you.

**R. Praise the Lord, Jerusalem. Or: R. Alleluia.**

He has granted peace in your borders; with the best of wheat he fills you. He sends forth his command to the earth; swiftly runs his word!

**R. Praise the Lord, Jerusalem. Or: R. Alleluia.**

He has proclaimed his word to Jacob, his statutes and his ordinances to Israel. He has not done thus for any other nation; his ordinances he has not made known to them. Alleluia.

**R. Praise the Lord, Jerusalem. Or: R. Alleluia.**

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**Alleluia**

*See Mt 4:23*

**R. Alleluia, alleluia.**

Jesus proclaimed the Gospel of the Kingdom and cured every disease among the people.

**R. Alleluia, alleluia.**

**Gospel**

*Lk 5:12-16*

It happened that there was a man full of leprosy in one of the towns where Jesus was; and when he saw Jesus, he fell prostrate, pleaded with him, and said, “Lord, if you wish, you can make me clean.” Jesus stretched out his hand, touched him, and said, “I do will it. Be made clean.” And the leprosy left him immediately. Then he ordered him not to tell anyone, but “Go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them.” The report about him spread all the more, and great crowds assembled to listen to him and to be cured of their ailments, but he would withdraw to deserted places to pray