



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

**Thursday of the Thirtieth Week in Ordinary Time Year II**

**Lectionary 482:Eph 6:10-20/Ps 144:1b, 2, 9-10/See Lk 19:38; 2:14/Lk 13:31-35**

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**

*Eph 6:10-20*

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. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the Gospel of peace.

In all circumstances, hold faith as a shield, to quench all the flaming arrows of the Evil One. And take the helmet of salvation and the sword of the Spirit, which is the word of God.

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 and also for me, that speech may be given me to open my mouth, to make known with boldness the mystery of the Gospel for which I am an ambassador in chains, so that I may have the courage to speak as I must.



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**Responsorial Psalm**

*Ps 144:1b, 2, 9-10*

**R. (1b) Blessed be the Lord, my Rock!**

Blessed be the LORD, my rock, who trains my hands for battle, my fingers for war.

**R. Blessed be the Lord, my Rock!**

My mercy and my fortress, my stronghold, my deliverer, my shield, in whom I trust, who subdues my people under me.

**R. Blessed be the Lord, my Rock!**

O God, I will sing a new song to you; with a ten stringed lyre I will chant your praise, you who give victory to kings, and deliver David, your servant from the evil sword.

**R. Blessed be the Lord, my Rock!**



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**Alleluia**

*See Lk 19:38; 2:14*

**R. Alleluia, alleluia.**

Blessed is the king who comes in the name of the Lord. Glory to God in the highest and on earth peace to those on whom his favor rests.

**R. Alleluia, alleluia.**

**Gospel**

*Lk 13:31-35*

Some Pharisees came to Jesus and said, "Go away, leave this area because Herod wants to kill you." He replied, "Go and tell that fox, "Behold, I cast out demons and I perform healings today and tomorrow, and on the third day I accomplish my purpose. Yet I must continue on my way today, tomorrow, and the following day, for it is impossible that a prophet should die outside of Jerusalem."

"Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how many times I yearned to gather your children together as a hen gathers her brood under her wings, but you were unwilling! Behold, your house will be abandoned. But I tell you, you will not see me until the time comes when you say, Blessed is he who comes in the name of the Lord."