



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

The Most Holy Body and Blood of Christ, Cycle C

Lectionary: 169: Gn 14:18-20/Ps 110:1, 2, 3, /1 Cor 11:23-26/Lk 9:11b-17

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

Genesis 14:18-20

In those days, Melchizedek, king of Salem, brought out bread and wine, and being a priest of God Most High, he blessed Abram with these words: "Blessed be Abram by God Most High, the creator of heaven and earth; and blessed be God Most High, who delivered your foes into your hand." Then Abram gave him a tenth of everything.



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Responsorial Psalm

Ps 110:1, 2, 3, 4

R. (4b) You are a priest for ever, in the line of Melchizedek.

The LORD said to my Lord: "Sit at my right hand till I make your enemies your footstool."

R. You are a priest for ever, in the line of Melchizedek.

The scepter of your power the LORD will stretch forth from Zion: "Rule in the midst of your enemies."

R. You are a priest for ever, in the line of Melchizedek.

"Yours is princely power in the day of your birth, in holy splendor; before the daystar, like the dew, I have begotten you."

R. You are a priest for ever, in the line of Melchizedek.

The LORD has sworn, and he will not repent: "You are a priest forever, according to the order of Melchizedek."

R. You are a priest for ever, in the line of Melchizedek.



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Second Reading

1 Corinthians 11:23-36

Brothers and sisters: I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood.

Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.



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Sequence - Lauda Sion

Laud, O Zion, your salvation, Laud with hymns of exultation, Christ, your king and shepherd true:
Bring him all the praise you know, He is more than you bestow. Never can you reach his due.
Special theme for glad thanksgiving Is the quick'ning and the living Bread today before you set:
From his hands of old partaken, as we know, by faith unshaken, Where the Twelve at supper met.
Full and clear ring out your chanting, Joy nor sweetest grace be wanting, from your heart let praises burst:
For today the feast is holden, When the institution olden of that supper was rehearsed.
Here the new law's new oblation, By the new king's revelation, Ends the form of ancient rite:
Now the new the old effaces, Truth away the shadow chases, Light dispels the gloom of night.
What he did at supper seated, Christ ordained to be repeated, His memorial ne'er to cease:
And his rule for guidance taking, Bread and wine we hallow, making Thus our sacrifice of peace.
This the truth each Christian learns, Bread into his flesh he turns, To his precious blood the wine:
Sight has fail'd, nor thought conceives, but a dauntless faith believes, Resting on a pow'r divine.
Here beneath these signs are hidden Priceless things to sense forbidden; Signs, not things are all we see:
Blood is poured and flesh is broken, yet in either wondrous token Christ entire we know to be.
Whoso of this food partakes, does not rend the Lord nor breaks; Christ is whole to all that taste:
Thousands are, as one, receivers, One, as thousands of believers, eats of him who cannot waste.
Bad and good the feast are sharing, of what divers dooms preparing, Endless death, or endless life.
Life to these, to those damnation, see how like participation Is with unlike issues rife.
When the sacrament is broken, doubt not, but believe 'tis spoken, that each sever'd outward token doth the
very whole contain.
Nought the precious gift divides, breaking but the sign betides Jesus still the same abides, still unbroken does
remain.

The shorter form of the sequence begins here

Lo! the angel's food is given To the pilgrim who has striven; see the children's bread from heaven, which on
dogs may not be spent.
Truth the ancient types fulfilling, Isaac bound, a victim willing, Paschal lamb, its lifeblood spilling, manna to
the fathers sent.
Very bread, good shepherd, tend us, Jesu, of your love befriend us, you refresh us, you defend us, your
eternal goodness send us in the land of life to see.
You who all things can and know, who on earth such food bestow, grant us with your saints, though lowest,
Where the heav'nly feast you show, Fellow heirs and guests to be. Amen. Alleluia.



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Alleluia

Jn 6:51

R. Alleluia, alleluia.

I am the living bread come down from heaven, says the Lord; whoever eats this bread will live forever.

R. Alleluia, alleluia.

Gospel

Lk 9:11b-17

Jesus spoke to the crowds about the kingdom of God, and he healed those who needed to be cured. As the day was drawing to a close, the Twelve approached him and said, "Dismiss the crowd so that they can go to the surrounding villages and farms and find lodging and provisions; for we are in a deserted place here." He said to them, "Give them some food yourselves." They replied, "Five loaves and two fish are all we have, unless we ourselves go and buy food for all these people." Now the men there numbered about five thousand. Then he said to his disciples, "Have them sit down in groups of about fifty." They did so and made them all sit down. Then taking the five loaves and the two fish, and looking up to heaven, he said the blessing over them, broke them, and gave them to the disciples to set before the crowd. They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets.