



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

Wednesday of the First Week in Ordinary Time Year I

Lectionary: 307: Heb 2:14-18/Ps 105:1-2, 3-4, 6-7, 8-9/ Jn 10:27/Mk 1:29-39

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 2:14-18

Since the children share in blood and flesh, Jesus likewise shared in them, that through death he might destroy the one who has the power of death, that is, the Devil, and free those who through fear of death had been subject to slavery all their life. Surely he did not help angels but rather the descendants of Abraham; therefore, he had to become like his brothers and sisters in every way, that he might be a merciful and faithful high priest before God to expiate the sins of the people. Because he himself was tested through what he suffered, he is able to help those who are being tested.



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Responsorial Psalm

Ps 105:1-2, 3-4, 6-7, 8-9

R. (8a) The Lord remembers his covenant forever.

or: **R. Alleluia.**

Give thanks to the LORD, invoke his name; make known among the nations his deeds. Sing to him, sing his praise, proclaim all his wondrous deeds.

R. The Lord remembers his covenant forever.

or: **R. Alleluia.**

Glory in his holy name; rejoice, O hearts that seek the LORD! Look to the LORD in his strength; seek to serve him constantly.

R. The Lord remembers his covenant forever.

or: **R. Alleluia.**

You descendants of Abraham, his servants, sons of Jacob, his chosen ones! He, the LORD, is our God; throughout the earth his judgments prevail.

R. The Lord remembers his covenant forever.

or: **R. Alleluia.**

He remembers forever his covenant which he made binding for a thousand generations. Which he entered into with Abraham and by his oath to Isaac.

R. The Lord remembers his covenant forever.

or: **R. Alleluia.**



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Alleluia

Jn 10:27

R. Alleluia, alleluia.

My sheep hear my voice, says the Lord. I know them, and they follow me.

R. Alleluia, alleluia.

Gospel

Mk 1:29-39

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them.

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him.

Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you." He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose, have I come." So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.