



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

Wednesday of the Fifth Week in Ordinary Time Year I

Lectionary: 331: Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28, 29bc-30/see Jn 17:17b, 17a/Mk 7:14-23

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

Gn 2:4b-9, 15-17

At that time when the LORD God made the earth and the heavens—there was no field shrub on earth and no grass of the field had sprouted, for the LORD God had sent no rain upon the earth and there was no man to till the ground, but a stream was welling up out of the earth and watering all the surface of the ground—then the LORD God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being. The LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made grow every tree that was delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

The LORD God then took the man and settled him in the garden of Eden, to cultivate and care for it. The LORD God gave the man this order: You are free to eat from any of the trees of the garden except the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die.



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Responsorial Psalm

Ps 104:1-2a, 27-28, 29bc-30

R. O bless the Lord, my soul.

Bless the LORD, my soul! LORD, my God, you are great indeed! You are clothed with majesty and splendor, robed in light as with a cloak.

R. O bless the Lord, my soul.

All of these look to you to give them food in due time. When you give it to them, they gather; when you open your hand, they are well filled.

R. O bless the Lord, my soul.

Take away their breath, they perish and return to the dust. Send forth your spirit, they are created and you renew the face of the earth.

R. O bless the Lord, my soul.



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Alleluia

see Jn 17:17b, 17a

R. Alleluia, alleluia.

Your word, O Lord, is truth: consecrate us in the truth.

R. Alleluia, alleluia.

Gospel

Mk 7:14-23

Jesus summoned the crowd again and said to them, "Hear me, all of you, and understand. Nothing that enters one from outside can defile that person; but the things that come out from within are what defile."

When he got home away from the crowd his disciples questioned him about the parable. He said to them, "Are even you likewise without understanding? Do you not realize that everything that goes into a person from outside cannot defile, since it enters not the heart but the stomach and passes out into the latrine?" (Thus he declared all foods clean.) "But what comes out of the man that is what defiles him. From within the man, from his heart, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile."