



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

Wednesday of the Sixteenth Week in Ordinary Time Year II

Lectionary 397:Jer 1:1, 4-10/Ps 78:18-19, 23-24, 25-26, 27-28/Mt 13:1-9

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

Jer 1:1, 4-10

The words of Jeremiah, son of Hilkiyah, of a priestly family in Anathoth, in the land of Benjamin.

The word of the LORD came to me thus:

Before I formed you in the womb I knew you, before you were born I dedicated you, a prophet to the nations I appointed you. "Ah, Lord GOD!" I said, I know not how to speak; I am too young."

But the LORD answered me, Say not, "I am too young." To whomever I send you, you shall go; whatever I command you, you shall speak. Have no fear before them, because I am with you to deliver you, says the LORD.

Then the LORD extended his hand and touched my mouth, saying,

See, I place my words in your mouth! This day I set you over nations and over kingdoms, to root up and to tear down, to destroy and to demolish, to build and to plant.



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

Wednesday of the Sixteenth Week in Ordinary Time Year II

Lectionary 397:Jer 1:1, 4-10/Ps 78:18-19, 23-24, 25-26, 27-28/Mt 13:1-9

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.

Responsorial Psalm

Ps 71:1-2, 3-4a, 5-6ab, 15 and 17

R. (see 15ab) I will sing of your salvation.

In you, O LORD, I take refuge; let me never be put to shame. In your justice rescue me, and deliver me; incline your ear to me, and save me.

R. I will sing of your salvation.

Be my rock of refuge, a stronghold to give me safety, for you are my rock and my fortress. O my God, rescue me from the hand of the wicked.

R. I will sing of your salvation.

For you are my hope, O Lord; my trust, O God, from my youth. On you I depend from birth; from my mother's womb you are my strength.

R. I will sing of your salvation.

My mouth shall declare your justice, day by day your salvation. O God, you have taught me from my youth, and till the present I proclaim your wondrous deeds.

R. I will sing of your salvation.



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

Wednesday of the Sixteenth Week in Ordinary Time Year II

Lectionary 397: Jer 1:1, 4-10/Ps 78:18-19, 23-24, 25-26, 27-28/Mt 13:1-9

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.

Alleluia

R. Alleluia, alleluia.

The seed is the word of God; Christ is the sower; all who come to him will live forever.

R. Alleluia, alleluia.

Gospel

Mt 13:1-9

On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying: "A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."