



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

Wednesday of the Fifth Week in Ordinary Time Year II

Lectionary: 331: 1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/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

1 Kgs 10:1-10

The queen of Sheba, having heard a report of Solomon's fame, came to test him with subtle questions. She arrived in Jerusalem with a very numerous retinue, and with camels bearing spices, a large amount of gold, and precious stones. She came to Solomon and spoke to him about everything that she had on her mind. King Solomon explained everything she asked about, and there was nothing so obscure that the king could not explain it to her.

When the queen of Sheba witnessed Solomon's great wisdom, the house he had built, the food at his table, the seating of his ministers, the attendance and dress of his waiters, his servers, and the burnt offerings he offered in the house of the LORD, it took her breath away. "The report I heard in my country about your deeds and your wisdom is true," she told the king. "I did not believe the report until I came and saw with my own eyes that not even the half had been told me. Your wisdom and prosperity surpass the report I heard. Happy are your servants, happy these ministers of yours, who stand before you always and listen to your wisdom. Blessed be the LORD, your God, who has been pleased to place you on the throne of Israel. In his enduring love for Israel, the LORD has made you king to carry out judgment and justice." Then she gave the king one hundred and twenty gold talents, a very large quantity of spices, and precious stones. Never again did anyone bring such an abundance of spices as the queen of Sheba gave to King Solomon.



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Responsorial Psalm

Ps 37:5-6, 30-31, 39-40

R. The mouth of the just murmurs wisdom.

Commit your way to the LORD; trust in him and he will act. And make your righteousness shine like the dawn, your justice like noonday.

R. The mouth of the just murmurs wisdom.

The mouth of the righteous utters wisdom; his tongue speaks what is right. God's teaching is in his heart; his steps do not falter.

R. The mouth of the just murmurs wisdom.

The salvation of the righteous is from the LORD, their refuge in a time of distress. The LORD helps and rescues them, rescues and saves them from the wicked, because they take refuge in him.

R. The mouth of the just murmurs wisdom.



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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."