



**Archdiocese of St. Louis**  
**Office of Sacred Worship**  
**Lectio Divina**  
**Wednesday of the Fifth Week in Ordinary Time Year II**  
**Lectionary: 331**

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***Lectio Divina***

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 the time when the LORD God made the earth and the heavens while as yet 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 soil, but a stream was welling up out of the earth and was watering all the surface of the ground the LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and he placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were 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 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; the moment you eat from it you are surely doomed to die."

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**Responsorial Psalm**

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

**R. (1a) O bless the Lord, my soul!**

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

**R. O bless the Lord, my soul!**

All creatures look to you to give them food in due time. When you give it to them, they gather it; when you open your hand, they are filled with good things.

**R. O bless the Lord, my soul!**

If you take away their breath, they perish and return to their dust. When you 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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**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.”