



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

Monday of the Thirtieth Week in Ordinary Time Year I

Lectionary 479:Rm 8:12-17/Ps 68:2 and 4, 6-7ab, 20-21/Jn 17:17b, 17a/Lk 13:10-17

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

Rm 8:12-17

Brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the spirit you put to death the deeds of the body, you will live.

For those who are led by the Spirit of God are sons of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!" The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.



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Responsorial Psalm

Ps 68:2 and 4, 6-7ab, 20-21

R. (21a) Our God is the God of salvation.

God arises; his enemies are scattered, and those who hate him flee before him. But the just rejoice and exult before God; they are glad and rejoice.

R. Our God is the God of salvation.

The father of orphans and the defender of widows is God in his holy dwelling. God gives a home to the forsaken; he leads forth prisoners to prosperity.

R. Our God is the God of salvation.

Blessed day by day be the Lord, who bears our burdens; God, who is our salvation. God is a saving God for us; the LORD, my Lord, controls the passageways of death.

R. Our God is the God of salvation.



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Alleluia

Jn 17:17b, 17a

R. Alleluia, alleluia.

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

R. Alleluia, alleluia.

Gospel

Lk 13:10-17

Jesus was teaching in a synagogue on the Sabbath. And a woman was there who for eighteen years had been crippled by a spirit; she was bent over, completely incapable of standing erect. When Jesus saw her, he called to her and said, "Woman, you are set free of your infirmity." He laid his hands on her, and she at once stood up straight and glorified God. But the leader of the synagogue, indignant that Jesus had cured on the Sabbath, said to the crowd in reply, "There are six days when work should be done. Come on those days to be cured, not on the Sabbath day." The Lord said to him in reply, "Hypocrites! Does not each one of you on the Sabbath untie his ox or his ass from the manger and lead it out for watering? This daughter of Abraham, whom Satan has bound for eighteen years now, ought she not to have been set free on the Sabbath day from this bondage?" When he said this, all his adversaries were humiliated; and the whole crowd rejoiced at all the splendid deeds done by him.