



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Wednesday After Epiphany
Lectionary: 214

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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.

First Reading

1 Jn 4:11-18

Beloved, if God so loved us, we also must love one another. No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us.

This is how we know that we remain in him and he in us, that he has given us of his Spirit. Moreover, we have seen and testify that the Father sent his Son as savior of the world. Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God. We have come to know and to believe in the love God has for us.

God is love, and whoever remains in love remains in God and God in him. In this is love brought to perfection among us, that we have confidence on the Day of Judgment because as he is, so are we in this world. There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.

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Responsorial Psalm

Ps 72:1-2, 10, 12-13

R. (see 11) Lord, every nation on earth will adore you.

O God, with your judgment endows the king, and with your justice, the king’s son; He shall govern your people with justice and your afflicted ones with judgment.

R. Lord, every nation on earth will adore you.

The kings of Tarshish and the Isles shall offer gifts; the kings of Arabia and Seba shall bring tribute.

R. Lord, every nation on earth will adore you.

For he shall rescue the poor when he cries out, and the afflicted when he has no one to help him. He shall have pity for the lowly and the poor; the lives of the poor he shall save.

R. Lord, every nation on earth will adore you.

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Alleluia

See 1 Tm 3:16

R. Alleluia, alleluia.

Glory to you, O Christ, proclaimed to the Gentiles. Glory to you, O Christ, believed in throughout the world.

R. Alleluia, alleluia.

Gospel

Mk 6:45-52

After the five thousand had eaten and were satisfied, Jesus made his disciples get into the boat and precede him to the other side toward Bethsaida, while he dismissed the crowd. And when he had taken leave of them, he went off to the mountain to pray. When it was evening, the boat was far out on the sea and he was alone on shore. Then he saw that they were tossed about while rowing, for the wind was against them. About the fourth watch of the night, he came toward them walking on the sea. He meant to pass by them. But when they saw him walking on the sea, they thought it was a ghost and cried out. They had all seen him and were terrified. But at once he spoke with them, “Take courage, it is I, do not be afraid!” He got into the boat with them and the wind died down. They were completely astounded. They had not understood the incident of the loaves. On the contrary, their hearts were hardened.