



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

**Tuesday of the Sixteenth Week in Ordinary Time Year I**

**Lectionary 396:Ex 14:21-15:1/Ex 15:8-9, 10 and 12, 17/Jn 14:23/Mt 12:46-50**

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**

*Ex 14:21-15:1*

Moses stretched out his hand over the sea, and the LORD swept the sea with a strong east wind throughout the night and so turned it into dry land. When the water was thus divided, the children of Israel marched into the midst of the sea on dry land, with the water like a wall to their right and to their left.

The Egyptians followed in pursuit; all Pharaoh's horses and chariots and charioteers went after them right into the midst of the sea. In the night watch just before dawn the LORD cast through the column of the fiery cloud upon the Egyptian force a glance that threw it into a panic; and he so clogged their chariot wheels that they could hardly drive. With that the Egyptians sounded the retreat before Israel, because the LORD was fighting for them against the Egyptians.

Then the LORD told Moses, "Stretch out your hand over the sea, that the water may flow back upon the Egyptians, upon their chariots and their charioteers." So Moses stretched out his hand over the sea, and at dawn the sea flowed back to its normal depth. The Egyptians were fleeing head on toward the sea, when the LORD hurled them into its midst. As the water flowed back, it covered the chariots and the charioteers of Pharaoh's whole army that had followed the children of Israel into the sea. Not a single one of them escaped. But the children of Israel had marched on dry land through the midst of the sea, with the water like a wall to their right and to their left. Thus the LORD saved Israel on that day from the power of the Egyptians. When Israel saw the Egyptians lying dead on the seashore and beheld the great power that the LORD had shown against the Egyptians, they feared the LORD and believed in him and in his servant Moses.

Then Moses and the children of Israel sang this song to the LORD:

I will sing to the LORD, for he is gloriously triumphant; horse and chariot he has cast into the sea.



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**Responsorial Psalm**

*Ex 15:8-9, 10 and 12, 17*

**R. (1b) Let us sing to the Lord; he has covered himself in glory.**

At the breath of your anger the waters piled up, the flowing waters stood like a mound, the flood waters congealed in the midst of the sea. The enemy boasted, "I will pursue and overtake them; I will divide the spoils and have my fill of them; I will draw my sword; my hand shall despoil them!"

**R. Let us sing to the Lord; he has covered himself in glory.**

When your wind blew, the sea covered them; like lead they sank in the mighty waters. When you stretched out your right hand, the earth swallowed them!

**R. Let us sing to the Lord; he has covered himself in glory.**

And you brought them in and planted them on the mountain of your inheritance—the place where you made your seat, O LORD, the sanctuary, O LORD, which your hands established.

**R. Let us sing to the Lord; he has covered himself in glory.**



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**Alleluia**

*Jn 14:23*

**R. Alleluia, alleluia.**

Whoever loves me will keep my word, and my Father will love him and we will come to him.

**R. Alleluia, alleluia.**

**Gospel**

*Mt 12:46-50*

While Jesus was speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with him. Someone told him, "Your mother and your brothers are standing outside, asking to speak with you." But he said in reply to the one who told him, "Who is my mother? Who are my brothers?" And stretching out his hand toward his disciples, he said, "Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother."