



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saturday of the Twenty-second Week in Ordinary Time Year I
Lectionary: 436

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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

Col 1:21-23

Brothers and sisters: You once were alienated and hostile in mind because of evil deeds; God has now reconciled you in the fleshly Body of Christ through his death, to present you holy, without blemish, and irreproachable before him, provided that you persevere in the faith, firmly grounded, stable, and not shifting from the hope of the Gospel that you heard, which has been preached to every creature under heaven, of which I, Paul, am a minister.

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Responsorial Psalm

Ps 54:3-4, 6 and 8

R. (6) God himself is my help.

God, by your name save me, and by your might defend my cause. O God, hear my prayer; hearken to the words of my mouth.

R. God himself is my help.

Behold, God is my helper; the Lord sustains my life. Freely will I offer you sacrifice; I will praise your name, O LORD, for its goodness.

R. God himself is my help.

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Alleluia

Jn 14:6

R. Alleluia, alleluia.

I am the way and the truth and the life, says the Lord; no one comes to the Father except through me.

R. Alleluia, alleluia.

Gospel

Lk 6:1-5

While Jesus was going through a field of grain on a Sabbath, his disciples were picking the heads of grain, rubbing them in their hands, and eating them. Some Pharisees said, "Why are you doing what is unlawful



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on the Sabbath?" Jesus said to them in reply, "Have you not read what David did when he and those who were with him were hungry? How he went into the house of God, took the bread of offering, which only the priests could lawfully eat, ate of it, and shared it with his companions?" Then he said to them, "The Son of Man is lord of the Sabbath."