



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Fourteenth Sunday in Ordinary Time, Cycle A
Lectionary: 100: Zec 9:9-10/Rom 8:9, 11-13/Mt 11:25-30

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

Zec 9:9-10

Thus says the LORD: Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem! See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass. He shall banish the chariot from Ephraim, and the horse from Jerusalem; the warrior's bow shall be banished, and he shall proclaim peace to the nations. His dominion shall be from sea to sea and from the River to the ends of the earth.



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Responsorial Psalm

Ps 145:1-2, 8-9, 10-11, 13-14

R. (cf. 1) I will praise your name for ever, my king and my God.

or: R. Alleluia.

I will extol you, O my God and King, and I will bless your name forever and ever. Every day will I bless you, and I will praise your name forever and ever.

R. I will praise your name for ever, my king and my God.

or: R. Alleluia.

The LORD is gracious and merciful, slow to anger and of great kindness. The LORD is good to all and compassionate toward all his works.

R. I will praise your name for ever, my king and my God.

or: R. Alleluia.

Let all your works give you thanks, O LORD, and let your faithful ones bless you. Let them discourse of the glory of your kingdom and speak of your might.

R. I will praise your name for ever, my king and my God.

or: R. Alleluia.

The LORD is faithful in all his words and holy in all his works. The LORD lifts up all who are falling and raises up all who are bowed down.

R. I will praise your name for ever, my king and my God.

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Second Reading

Rom 8:9, 11-13

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, 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.



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Gospel

Mt 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him." "Come to me, all you who labor and are burdened and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."