



Archdiocese of St. Louis

Office of Sacred Worship

Lectio Divina

Saints Perpetua and Felicity, Martyrs

Lectionary: 538: Rom 8:31b-39/Ps 124:2-3, 4-5, 7-8/< t 5:10/Mt 10:34-39

Read the following passage four times.

- The first reading, simple 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

Rom 8:31b-39

Brothers and sisters:

If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? Who will bring a charge against God's chosen ones? It is God who acquits us. Who will condemn? It is Christ [Jesus] who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us. What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? As it is written: "For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered." No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.



Archdiocese of St. Louis

Office of Sacred Worship

Lectio Divina

Saints Perpetua and Felicity, Martyrs

Lectionary: 538: Rom 8:31b-39/Ps 124:2-3, 4-5, 7-8/< t 5:10/Mt 10:34-39

Read the following passage four times.

- The first reading, simple 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.

Responsorial Psalm

Ps 124:2-3, 4-5, 7-8

R. Our soul has escaped like a bird from the fowler's snare.

Had not the LORD been with us, when people rose against us, Then they would have swallowed us alive, for their fury blazed against us.

R. Our soul has escaped like a bird from the fowler's snare.

Then the waters would have engulfed us, the torrent overwhelmed us; then seething water would have drowned us.

R. Our soul has escaped like a bird from the fowler's snare.

The snare was broken, and we escaped. Our help is in the name of the LORD, the maker of heaven and earth.

R. Our soul has escaped like a bird from the fowler's snare.



Archdiocese of St. Louis

Office of Sacred Worship

Lectio Divina

Saints Perpetua and Felicity, Martyrs

Lectionary: 538: Rom 8:31b-39/Ps 124:2-3, 4-5, 7-8/<t 5:10/Mt 10:34-39

Read the following passage four times.

- The first reading, simple 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.

Alleluia

Mt 5:10

R. Alleluia, alleluia.

Blessed are they who are persecuted for the sake of righteousness for theirs is the Kingdom of heaven.

R. Alleluia, alleluia.

Gospel

Mt 10:34-39

Jesus said to his Apostles:

“Do not think that I have come to bring peace upon the earth. I have come to bring not peace but the sword. For I have come to set a man ‘against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and one’s enemies will be those of his household.’”

“Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.