



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

**Saint Frances of Rome, Religious**

**Lectionary: 540: Prv 31:10-13, 19-20, 30-31/Ps 34:2-3, 4-5, 6-7, 8-9, 10-11/Jn 13:34/Mt 22:34-40**

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**

*Prv 31:10-13, 19-20, 30-31*

Who can find a woman of worth? Far beyond jewels is her value. Her husband trusts her judgment; he does not lack income. She brings him profit, not loss, all the days of her life. She seeks out wool and flax and weaves with skillful hands. Like a merchant fleet, she secures her provisions from afar. She rises while it is still night, and distributes food to her household, a portion to her maidservants. She picks out a field and acquires it; from her earnings she plants a vineyard. She girds herself with strength; she exerts her arms with vigor. She enjoys the profit from her dealings; her lamp is never extinguished at night. She puts her hands to the distaff, and her fingers ply the spindle. She reaches out her hands to the poor, and extends her arms to the needy. She is not concerned for her household when it snows—all her charges are doubly clothed. She makes her own coverlets; fine linen and purple are her clothing. Her husband is prominent at the city gates as he sits with the elders of the land. She makes garments and sells them, and stocks the merchants with belts. She is clothed with strength and dignity, and laughs at the days to come. She opens her mouth in wisdom; kindly instruction is on her tongue. She watches over the affairs of her household, and does not eat the bread of idleness. Her children rise up and call her blessed; her husband, too, praises her: "Many are the women of proven worth, but you have excelled them all." Charm is deceptive and beauty fleeting; the woman who fears the LORD is to be praised. Acclaim her for the work of her hands, and let her deeds praise her at the city gates.



**Archdiocese of St. Louis**

**Office of Sacred Worship**

**Lectio Divina**

**Saint Frances of Rome, Religious**

**Lectionary: 540: Prv 31:10-13, 19-20, 30-31/Ps 34:2-3, 4-5, 6-7, 8-9, 10-11/Jn 13:34/Mt 22:34-40**

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.

**Responsorial Psalm**

*Ps 34:2-3, 4-5, 6-7, 8-9, 10-11*

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***

I will bless the LORD at all times; his praise shall be always in my mouth. My soul will glory in the LORD; let the poor hear and be glad.

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***

Magnify the LORD with me; and let us exalt his name together. I sought the LORD, and he answered me, delivered me from all my fears.

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***

Look to him and be radiant, and your faces may not blush for shame. This poor one cried out and the LORD heard, and from all his distress he saved him.

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***

The angel of the LORD encamps around those who fear him, and he saves them. Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him.

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***



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

**Lectio Divina**

**Saint Frances of Rome, Religious**

**Lectionary: 540: Prv 31:10-13, 19-20, 30-31/Ps 34:2-3, 4-5, 6-7, 8-9, 10-11/Jn 13:34/Mt 22:34-40**

Fear the LORD, you his holy ones; nothing is lacking to those who fear him. The rich grow poor and go hungry, but those who seek the LORD lack no good thing.

***R. I will bless the Lord at all times.***

***Or Taste and see the goodness of the Lord.***



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

**Saint Frances of Rome, Religious**

**Lectionary: 540: Prv 31:10-13, 19-20, 30-31/Ps 34:2-3, 4-5, 6-7, 8-9, 10-11/Jn 13:34/Mt 22:34-40**

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.

**Alleluia**

*Jn 13:34*

**R. Alleluia, alleluia.**

I give you a new commandment: love one another as I have loved you.

**R. Alleluia, alleluia.**

**Gospel**

*Mt 22:34-40*

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them [a scholar of the law] tested him by asking, "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."