



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

Saint Catherine of Siena, Virgin and Doctor of the Church

Lectionary: 557: 1 Jn 1:5-2:2/Ps 103:1-2, 3-4, 8-9, 13-14, 17-18/Mt 11:25/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

1 Jn 1:5-2:2

Beloved:

This is the message that we have heard from him and proclaim to you: God is light, and in him there is no darkness at all. If we say, "We have fellowship with him," while we continue to walk in darkness, we lie and do not act in truth. But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin. If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. If we say, "We have not sinned," we make him a liar, and his word is not in us.

My children, I am writing this to you so that you may not commit sin. But if anyone does sin, we have an Advocate with the Father, Jesus Christ the righteous one. He is expiation for our sins, and not for our sins only but for those of the whole world.



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Responsorial Psalm

Ps 103:1-2, 3-4, 8-9, 13-14, 17-18

R. O bless the Lord, my soul!

Bless the LORD, my soul; all my being, bless his holy name! Bless the LORD, my soul; and do not forget all his gifts.

R. O bless the Lord, my soul!

Who pardons all your sins, and heals all your ills, Who redeems your life from the pit, and crowns you with mercy and compassion.

R. O bless the Lord, my soul!

Merciful and gracious is the LORD, slow to anger, abounding in mercy. He will not always accuse, and nurses no lasting anger.

R. O bless the Lord, my soul!

As a father has compassion on his children, so the LORD has compassion on those who fear him. For he knows how we are formed, remembers that we are dust.

R. O bless the Lord, my soul!



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But the LORD's mercy is from age to age, toward those who fear him. His salvation is for the children's children of those who keep his covenant, and remember to carry out his precepts.

R. O bless the Lord, my soul!



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Alleluia

Mt 11:25

R. Alleluia, alleluia.

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the Kingdom.

R. Alleluia, alleluia.

Gospel

Mt 11:25-30

At that time Jesus said in reply, "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 the childlike. 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 your selves. For my yoke is easy, and my burden light."