



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saint Athanasius, Bishop and Doctor of the Church
Lectionary: 560: 1 Jn 5:1-5/Ps 37:3-4, 5-6, 30-31/Mt 5:10/Mt 10:22-25

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 5:1-5

Beloved:

Everyone who believes that Jesus is the Christ is begotten by God, and everyone who loves the father loves [also] the one begotten by him. In this way we know that we love the children of God when we love God and obey his commandments. For the love of God is this, that we keep his commandments. And his commandments are not burdensome, for whoever is begotten by God conquers the world. And the victory that conquers the world is our faith. Who [indeed] is the victor over the world but the one who believes that Jesus is the Son of God?



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saint Athanasius, Bishop and Doctor of the Church
Lectionary: 560: 1 Jn 5:1-5/Ps 37:3-4, 5-6, 30-31/Mt 5:10/Mt 10:22-25

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 37:3-4, 5-6, 30-31

R. The mouth of the just murmurs wisdom.

Trust in the LORD and do good that you may dwell in the land and live secure. Find your delight in the LORD who will give you your heart's desire.

R. The mouth of the just murmurs wisdom.

Commit your way to the LORD; trust in him and he will act. And make your righteousness shine like the dawn, your justice like noonday.

R. The mouth of the just murmurs wisdom.

The mouth of the righteous utters wisdom; his tongue speaks what is right. God's teaching is in his heart; his steps do not falter.

R. The mouth of the just murmurs wisdom.



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saint Athanasius, Bishop and Doctor of the Church
Lectionary: 560: 1 Jn 5:1-5/Ps 37:3-4, 5-6, 30-31/Mt 5:10/Mt 10:22-25

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

Mt 5:10

R. Alleluia, alleluia.

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

R. Alleluia, alleluia.

Gospel

Mt 10:22-25

Jesus said to the Twelve:

"You will be hated by all because of my name, but whoever endures to the end will be saved. When they persecute you in one town, flee to another. Amen, I say to you, you will not finish the towns of Israel before the Son of Man comes. No disciple is above his teacher, no slave above his master. It is enough for the disciple that he become like his teacher, for the slave that he become like his master. If they have called the master of the house Beelzebul, how much more those of his household!"