



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

**Saint Nereus and Achelleus, Martyrs**

**Lectionary: 562: Rv 7:9-17/Ps 124:2-3, 4-5, 7-8/Mt 5:10/Mt 10:17-22**

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**

*Rv 7:9-17*

I, John, had a vision of a great multitude, which no one could count, from every nation, race, people, and tongue. They stood before the throne and before the Lamb, wearing white robes and holding palm branches in their hands. They cried out in a loud voice: "Salvation comes from our God, who is seated on the throne, and from the Lamb." All the angels stood around the throne and around the elders and the four living creatures. They prostrated themselves before the throne, worshiped God, and exclaimed: "Amen. Blessing and glory, wisdom and thanksgiving, honor, power, and might be to our God forever and ever. Amen." Then one of the elders spoke up and said to me, "Who are these wearing white robes, and where did they come from?" I said to him, "My lord, you are the one who knows." He said to me, "These are the ones who have survived the time of great distress; they have washed their robes and made them white in the blood of the Lamb. "For this reason they stand before God's throne and worship him day and night in his temple. The one who sits on the throne will shelter them. They will not hunger or thirst anymore, nor will the sun or any heat strike them. For the Lamb who is in the center of the throne will shepherd them and lead them to springs of life-giving water, and God will wipe away every tear from their eyes."



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**Responsorial Psalm**

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

***R. Our soul has been rescued 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 been rescued 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 been rescued like a bird from the fowler's snare.***

We escaped with our lives 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 been rescued like a bird from the fowler's snare.***



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**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 10:17-22*

Jesus said to the Twelve:

Beware of people, for they will hand you over to courts and scourge you in their synagogues, and you will be led before governors and kings for my sake as a witness before them and the pagans. When they hand you over, do not worry about how you are to speak or what you are to say. You will be given at that moment what you are to say. For it will not be you who speak but the Spirit of your Father speaking through you. Brother will hand over brother to death, and the father his child; children will rise up against parents and have them put to death. You will be hated by all because of my name, but whoever endures to the end will be saved.