



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

Saint Aloysius Gonzaga, Religious

Lectionary: 583: 1 Jn 5:1-5/Ps 16:1-2a and 5, 7-8, 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

1 Jn 5:1-

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 Aloysius Gonzaga, Religious

Lectionary: 583: 1 Jn 5:1-5/Ps 16:1-2a and 5, 7-8, 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 16:1-2a and 5, 7-8, 11

R. You are my inheritance, O Lord.

Keep me safe, O God; in you I take refuge. I say to the LORD, you are my Lord, you are my only good. LORD, my allotted portion and my cup, you have made my destiny secure.

R. You are my inheritance, O Lord.

I bless the LORD who counsels me; even at night my heart exhorts me. I keep the LORD always before me; with him at my right hand, I shall never be shaken.

R. You are my inheritance, O Lord.

You will show me the path to life, abounding joy in your presence, the delights at your right hand forever.

R. You are my inheritance, O Lord.



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

Saint Aloysius Gonzaga, Religious

Lectionary: 583: 1 Jn 5:1-5/Ps 16:1-2a and 5, 7-8, 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."