



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Our Lady of Mount Carmel

Lectionary: 600: Eph 3:14-19/Ps 119:9, 10, 11, 12, 13 14/Mt 23:9b, 10b/Mt 23:8-12

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

Eph 3:14-19

Brothers and sisters:

I kneel before the Father, from whom every family in heaven and on earth is named, that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.



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Responsorial Psalm

Ps 119:9, 10, 11, 12, 13 14

R. Lord, teach me your statutes.

How can the young keep his way without fault? Only by observing your words.

R. Lord, teach me your statutes.

With all my heart I seek you; do not let me stray from your commandments.

R. Lord, teach me your statutes.

In my heart I treasure your promise that I may not sin against you.

R. Lord, teach me your statutes.

Blessed are you, O LORD; teach me your statutes.

R. Lord, teach me your statutes.

With my lips I recite all the judgments you have spoken.

R. Lord, teach me your statutes.

I find joy in the way of your testimonies more than in all riches.



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Alleluia

Mt 23:9b, 10b

R. Alleluia, alleluia.

You have but one Father in heaven; you have one master, the Christ.

R. Alleluia, alleluia.

Gospel

Mt 23:8-12

Jesus spoke to the crowds and said to his disciples:

"Do not be called 'Rabbi.' You have but one teacher, and you are all brothers. Call no one on earth your father; you have but one Father in heaven. Do not be called 'Master'; you have but one master, the Messiah. The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted."