



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

**Lectio Divina**

**Saint Ignatius of Loyola, Priest**

**Lectionary: 609: 1 Cor 10:31-11:1/Ps 34:2-3, 4-5, 6-7, 8-9, 10-11/Mt 5:3/Lk 14:25-33**

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 Cor 10:31-11:1*

Brothers and sisters:

Whether you eat or drink, or whatever you do, do everything for the glory of God. Avoid giving offense, whether to Jews or Greeks or the church of God, just as I try to please everyone in every way, not seeking my own benefit but that of the many, that they may be saved.

Be imitators of me, as I am of Christ.



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**Responsorial Psalm**

*Ps 34:2-3, 4-5, 6-7, 8-9, 10-11*

***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***

I will bless the LORD at all times; his praise shall be always in my mouth. My soul will glory in the LORD; let the poor hear and be glad.

***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***

Magnify the LORD with me; and let us exalt his name together. I sought the LORD, and he answered me, delivered me from all my fears.

***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***

Look to him and be radiant, and your faces may not blush for shame. This poor one cried out and the LORD heard, and from all his distress he saved him.

***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***

The angel of the LORD encamps around those who fear him, and he saves them. Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him.



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***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***

Fear the LORD, you his holy ones; nothing is lacking to those who fear him. The rich grow poor and go hungry, but those who seek the LORD lack no good thing.

***R. I will bless the Lord at all times.***

***Or***

***R. Taste and see the goodness of the Lord.***



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**Alleluia**

*Mt 5:3*

**R. Alleluia, alleluia.**

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

**R. Alleluia, alleluia.**

**Gospel**

*Lk 14:25-33*

Great crowds were traveling with him, and he turned and addressed them, "If any one comes to me without hating his father and mother, wife and children, brothers and sisters, and even his own life, he cannot be my disciple. Whoever does not carry his own cross and come after me cannot be my disciple. Which of you wishing to construct a tower does not first sit down and calculate the cost to see if there is enough for its completion? Otherwise, after laying the foundation and finding himself unable to finish the work the onlookers should laugh at him and say, 'This one began to build but did not have the resources to finish.' Or what king marching into battle would not first sit down and decide whether with ten thousand troops he can successfully oppose another king advancing upon him with twenty thousand troops? But if not, while he is still far away, he will send a delegation to ask for peace terms. In the same way, everyone of you who does not renounce all his possessions cannot be my disciple.