



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saint Alphonsus Liguori, Bishop and Doctor of the Church
Lectionary: 610: Rom 8:1-4/Ps 119:9, 10, 11, 12, 13, 14/Mt 5:16/Mt 5:13-19

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

Rom 8:1-4

Brothers and sisters:

Now there is no condemnation for those who are in Christ Jesus. For the law of the spirit of life in Christ Jesus has freed you from the law of sin and death. For what the law, weakened by the flesh, was powerless to do, this God has done: by sending his own Son in the likeness of sinful flesh and for the sake of sin, he condemned sin in the flesh, so that the righteous decree of the law might be fulfilled in us, who live not according to the flesh but according to the spirit.



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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 5:16

R. Alleluia, alleluia.

Let your light shine before others, that they may see your good deeds and glorify your heavenly Father.

R. Alleluia, alleluia.

Gospel

Mt 5:13-19

Jesus said to his disciples:

"You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

"Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill. Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place. Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven.