



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Saint Louis of France

Lectionary: 630: Is 58:6-11/Ps 112:1-2, 3-4, 5-7, 7-8, 9/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

Is 58:6-11

Thus says the Lord:

This is fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh? Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer, you shall cry for help, and he will say: "Here I am!" If you remove the yoke from among you, the accusing finger, and malicious speech; If you lavish your food on the hungry and satisfy the afflicted; Then your light shall rise in the darkness, and your gloom shall become like midday; Then the LORD will guide you always and satisfy your thirst in parched places, will give strength to your bones And you shall be like a watered garden, like a flowing spring whose waters never fail.



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Responsorial Psalm

R. Blessed the man who fears the Lord.

Ps 112:1-2, 3-4, 5-7, 7-8, 9

Or Alleluia.

Blessed the man who fears the LORD, who greatly delights in his commands. His descendants shall be mighty in the land, a generation of the upright will be blessed.

R. Blessed the man who fears the Lord.

Or Alleluia.

Wealth and riches shall be in his house; his righteousness shall endure forever. Light shines through the darkness for the upright; gracious, compassionate, and righteous.

R. Blessed the man who fears the Lord.

Or Alleluia.

It is good for the man gracious in lending, who conducts his affairs with justice. For he shall never be shaken; the righteous shall be remembered forever.

R. Blessed the man who fears the Lord.

Or Alleluia.

He shall not fear an ill report; his heart is steadfast, trusting the LORD. His heart is tranquil, without fear, till at last he looks down on his foes.

R. Blessed the man who fears the Lord.

Or Alleluia.

Lavishly he gives to the poor; his righteousness shall endure forever; his horn shall be exalted in honor.



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Alleluia

Jn 13:34

R. Alleluia, alleluia.

I give you a new commandment: love one another. As I have loved you, so you also should love one another

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."