



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

**Saint John Chrysostom, Bishop and Doctor**

**Lectionary: 637: Eph 4:1-7, 11-13/Ps 40:2 and 4, 7-8a, 8b-9, 10, 11/Mk 4:1-10, 13-20 or Mk 4:1-9**

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 4:1-7, 11-13*

Brothers and sisters:

I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace: one body and one Spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.

But grace was given to each of us according to the measure of Christ's gift.

And he gave some as apostles, others as prophets, others as evangelists, others as pastors and teachers, to equip the holy ones for the work of ministry, for building up the body of Christ, until we all attain to the unity of faith and knowledge of the Son of God, to mature manhood, to the extent of the full stature of Christ,



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**Responsorial Psalm**

*Ps 40:2 and 4, 7-8a, 8b-9, 10, 11*

***R. Here I am Lord; I come to do your will.***

I wait for the LORD; who bends down to me and hears my cry, And puts a new song in my mouth, a hymn to our God.

***R. Here I am Lord; I come to do your will.***

Sacrifice and offering you do not want; you opened my ears. Holocaust and sin-offering you do not request; so I said, "See; I come".

***R. Here I am Lord; I come to do your will.***

"With an inscribed scroll written upon me. I delight to do your will, my God; your law is in my inner being!"

***R. Here I am Lord; I come to do your will.***

When I sing of your righteousness in a great assembly, See, I do not restrain my lips; as you, LORD, know.

***R. Here I am Lord; I come to do your will.***

I do not conceal your righteousness within my heart; I speak of your loyalty and your salvation. I do not hide your mercy or faithfulness from a great assembly.



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**Alleluia**

**R. Alleluia, alleluia.**

The seed is the word of God, Christ is the sower; all who come to him will live for ever.

**R. Alleluia, alleluia.**

**Gospel**

*Mk 4:1-10, 13-20*

On another occasion Jesus began to teach by the sea. A very large crowd gathered around him so that he got into a boat on the sea and sat down. And the whole crowd was beside the sea on land. And he taught them at length in parables, and in the course of his instruction he said to them, "Hear this! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground where it had little soil. It sprang up at once because the soil was not deep. And when the sun rose, it was scorched and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it and it produced no grain. And some seed fell on rich soil and produced fruit. It came up and grew and yielded thirty, sixty, and a hundredfold." He added, "Whoever has ears to hear ought to hear."

And when he was alone, those present along with the Twelve questioned him about the parables. Jesus said to them, "Do you not understand this parable? Then how will you understand any of the parables? The sower sows the word. These are the ones on the path where the word is sown. As soon as they hear, Satan comes at once and takes away the word sown in them. And these are the ones sown on rocky ground who, when they hear the word, receive it at once with joy. But they have no root; they last only for a time. Then when tribulation or persecution comes because of the word, they quickly fall away. Those sown among thorns are another sort. They are the people who hear the word, but worldly anxiety, the lure of riches, and the craving for other things intrude and choke the word, and it bears no fruit. But those sown on rich soil are the ones who hear the word and accept it and bear fruit thirty and sixty and a hundredfold."



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