



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

**Saint Januarius, Bishop and Martyr**

**Lectionary: 642: Heb 10:32-36/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Jas 1:12/Jn 12:24-26**

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**

*Heb 10:32-36*

Remember the days past when, after you had been enlightened, you endured a great contest of suffering. At times you were publicly exposed to abuse and affliction; at other times you associated yourselves with those so treated. You even joined in the sufferings of those in prison and joyfully accepted the confiscation of your property, knowing that you had a better and lasting possession. Therefore, do not throw away your confidence; it will have great recompense. You need endurance to do the will of God and receive what he has promised.



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**Responsorial Psalm**

*Ps 126:1bc-2ab, 2cd-3, 4-5, 6*

***R. Those who sow in tears shall reap rejoicing.***

When the LORD restored the captives of Zion, we thought we were dreaming. Then our mouths were filled with laughter; our tongues sang for joy.

***R. Those who sow in tears shall reap rejoicing.***

Then it was said among the nations, "The LORD had done great things for them." The LORD has done great things for us; Oh, how happy we were!

***R. Those who sow in tears shall reap rejoicing.***

Restore our captives, LORD, like the dry stream beds of the Negeb. Those who sow in tears will reap with cries of joy.

***R. Those who sow in tears shall reap rejoicing.***

Those who go forth weeping, carrying sacks of seed, Will return with cries of joy, carrying their bundled sheaves.

***R. Those who sow in tears shall reap rejoicing.***



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**Alleluia**

*Jas 1:12*

**R. Alleluia, alleluia.**

Blessed is the man who perseveres in temptation, for when he has been proved he will receive the crown of life.

**R. Alleluia, alleluia.**

**Gospel**

*Jn 12:24-26*

Jesus said to his disciples:

"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me."