



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

Saints Cosmas and Damian, Martyrs

Lectionary: 644: Wis 3:1-9/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Jm 1:12/Mt 10:28-33

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

Wis 3:1-9

The souls of the righteous are in the hand of God,^a and no torment shall touch them. They seemed, in the view of the foolish, to be dead; and their passing away was thought an affliction and their going forth from us, utter destruction. But they are in peace. For if to others, indeed, they seem punished, yet is their hope full of immortality; Chastised a little, they shall be greatly blessed, because God tried them and found them worthy of himself. As gold in the furnace, he proved them, and as sacrificial offerings he took them to himself. In the time of their judgment they shall shine and dart about as sparks through stubble; They shall judge nations and rule over peoples, and the LORD shall be their King forever. Those who trust in him shall understand truth, and the faithful shall abide with him in love: Because grace and mercy are with his holy ones, and his care is with the elect.



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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

Jm 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

Mt 10:28-33

Jesus said to his Apostles:

"Do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father."