



**Archdiocese of St. Louis**

**Office of Sacred Worship**

**Lectio Divina**

**Saint Francis of Assisi, Religious**

**Lectionary: 651: Gal 6:14-8/Ps 16:1b-2a and 5, 7-8, 11/see Mt 11:25/Mt 11:25-30**

Read the following passage four times.

- The first reading, simple 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**

*Gal 6:14-8*

But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. For neither does circumcision mean anything, nor does uncircumcision, but only a new creation. Peace and mercy be to all who follow this rule and to the Israel of God. From now on, let no one make troubles for me; for I bear the marks of Jesus on my body. The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.



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**Responsorial Psalm**

*Ps 16:1b-2a and 5, 7-8, 11*

**R. You are my inheritance, O Lord.**

Keep me safe, O God; in you I take refuge. I say to the LORD, you are my Lord

**R. You are my inheritance, O Lord.**

LORD, my allotted portion and my cup, you have made my destiny secure.

**R. You are my inheritance, O Lord.**

I bless the LORD who counsels me; even at night my heart exhorts me. I keep the LORD always before me; with him at my right hand, I shall never be shaken.

**R. You are my inheritance, O Lord.**

You will show me the path to life, abounding joy in your presence, the delights at your right hand forever.

**R. You are my inheritance, O Lord.**



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**Alleluia**

*see Mt 11:25*

**R. Alleluia, alleluia.**

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the Kingdom.

**R. Alleluia, alleluia.**

**Gospel**

*Mt 11:25-30*

At that time Jesus said in reply, "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves. For my yoke is easy, and my burden light."