



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

Saint Ignatius of Antioch, Bishop and Martyr

Lectionary: 660: Phil 3:17-4:1/Ps 34:2-3, 4-5, 6-7, 8-9/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

Phil 3:17-4:1

Join with others in being imitators of me, brothers, and observe those who thus conduct themselves according to the model you have in us. For many, as I have often told you and now tell you even in tears, conduct themselves as enemies of the cross of Christ. Their end is destruction. Their God is their stomach; their glory is in their "shame." Their minds are occupied with earthly things. But our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. He will change our lowly body to conform with his glorified body by the power that enables him also to bring all things into subjection to himself.

Therefore, my brothers, whom I love and long for, my joy and crown, in this way stand firm in the Lord, beloved.



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Responsorial Psalm

Ps 34:2-3, 4-5, 6-7, 8-9

R. The Lord delivered me from all my fears.

I will bless the LORD at all times; his praise shall be always in my mouth. My soul will glory in the LORD; let the poor hear and be glad.

R. The Lord delivered me from all my fears.

Magnify the LORD with me; and let us exalt his name together. I sought the LORD, and he answered me, delivered me from all my fears.

R. The Lord delivered me from all my fears.

Look to him and be radiant, and your faces may not blush for shame. This poor one cried out and the LORD heard, and from all his distress he saved him.

R. The Lord delivered me from all my fears.

The angel of the LORD encamps around those who fear him, and he saves them. Taste and see that the LORD is good; blessed is the stalwart one who takes refuge in him.

R. The Lord delivered me from all my fears.



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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."