



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

Saint Martin De Porres, Religious

Lectionary: 669: Phil 4:4-9/Ps 131:1bcde, 2, 3/Jn 13:34/Mt 22:34-40

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 4:4-9

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me.

Then the God of peace will be with you.



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Responsorial Psalm

Ps 131:1bcde, 2, 3

R. In you, Lord, I have found my peace.

LORD, my heart is not proud; nor are my eyes haughty. I do not busy myself with great matters, with things too sublime for me.

R. In you, Lord, I have found my peace.

Rather, I have stilled my soul, Like a weaned child to its mother, weaned is my soul.

R. In you, Lord, I have found my peace.

Israel, hope in the LORD, now and forever.

R. In you, Lord, I have found my peace.



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Alleluia

Jn 13:34

R. Alleluia, alleluia.

I give you a new commandment: love one another as I have loved you.

R. Alleluia, alleluia.

Gospel

Mt 22:34-40

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them [a scholar of the law] tested him by asking, "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."