



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

**Saint Thomas Becket, Bishop and Martyr**

**Lectionary: 699: 2Tn 2:8-13; 3:10-12/Ps 34:2-3, 4-5, 6-7, 8-9/Mt 5:6/Mt 16:24-27**

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**

*2 Tm 2:8-13; 3:10-12*

Beloved:

Remember Jesus Christ, raised from the dead, a descendant of David: such is my gospel, for which I am suffering, even to the point of chains, like a criminal. But the word of God is not chained. Therefore, I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory. This saying is trustworthy: If we have died with him we shall also live with him; if we persevere we shall also reign with him. But if we deny him he will deny us. If we are unfaithful he remains faithful, for he cannot deny himself.

You have followed my teaching, way of life, purpose, faith, patience, love, endurance, persecutions, and sufferings, such as happened to me in Antioch, Iconium, and Lystra, persecutions that I endured. Yet from all these things the Lord delivered me. In fact, all who want to live religiously in Christ Jesus will be persecuted.



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**Responsorial Psalm**

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

***R. The Lord delivered me from all my foes.***

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 foes.***

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 foes.***

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 foes.***

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 foes.***



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**Alleluia**

*Mt 5:6*

**R. Alleluia, alleluia.**

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

**R. Alleluia, alleluia.**

**Gospel**

*Mt 16:24-27*

Then Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father's glory, and then he will repay everyone according to his conduct."