



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

**The Common of Martyrs - Responsorial Psalm**

**Lectionary: 715: Ps 31:3cd-4, 6 and 8ab, 16bc and 17/Ps 34:2-3, 4-5, 6-7, 8-9/Ps 124:2-3, 4-5, 7cd-8/Ps 126:1bc-2ab, 2cd-3, 4-5, 6**

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.

**Responsorial Psalm**

*Ps 31:3cd-4, 6 and 8ab, 16bc and 17*

***R. Into your hands, O Lord, I commend my spirit.***

Be my rock of refuge, a stronghold to save me. For you are my rock and my fortress; for your name's sake lead me and guide me.

***R. Into your hands, O Lord, I commend my spirit.***

Into your hands I commend my spirit; you will redeem me, LORD, God of truth. I will rejoice and be glad in your mercy.

***R. Into your hands, O Lord, I commend my spirit.***

Rescue me from my enemies, from the hands of my pursuers. Let your face shine on your servant; save me in your mercy.

***R. Into your hands, O Lord, I commend my spirit.***



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**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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**Psalm**

*Ps 124:2-3, 4-5, 7cd-8*

***R. Our soul has been rescued like a bird from the fowler's snare.***

Had not the LORD been with us, when people rose against us, Then they would have swallowed us alive, for their fury blazed against us.

***R. Our soul has been rescued like a bird from the fowler's snare.***

Then the waters would have engulfed us, the torrent overwhelmed us; then seething water would have drowned us.

***R. Our soul has been rescued like a bird from the fowler's snare.***

The snare was broken, and we escaped. Our help is in the name of the LORD, the maker of heaven and earth.

***R. Our soul has been rescued like a bird from the fowler's snare.***



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**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.***