



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

**The Common of Holy Men and Women - Alleluia Verse and Verse before the Gospel
Lectionary: 741: Mt5:3/Mt 5:8/Mt 11:25/Mt 11:28/Mt 23:11, 12b/Lk 21:36/Jn 8:12/Jn
8:31b-32/Jn 13:34/Jn 14:23/Jn 15:4a, 5b/Jn 15:9b, 5b**

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.

Alleluia *Mt5:3*
Blessed are the poor in spirit; for theirs is the Kingdom of heaven.

Alleluia *Mt 5:6*
Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

Alleluia *Mt 5:8*
Blessed are the clean of heart, for they will see God.

Alleluia *see Mt 11:25*
Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the Kingdom.

Alleluia *Mt 11:28*
Come to me, all you who labor and are burdened, and I will give you rest, says the Lord.

Alleluia *Mt 23:11, 12b*
The greatest among you must be your servant. Whoever humbles himself will be exalted.

Alleluia *Lk 21:36*
Be vigilant at all times and pray that you may have the strength to stand before the Son of Man.

Alleluia *Jn 8:12*
I am the light of the world, says the Lord; whoever follows me will have the light of life.



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Alleluia *Jn 8:31b-32*
If you remain in my word, you will truly be my disciples, and you will know the truth, says the Lord.

Alleluia *Jn 13:34*
I give you a new commandment: love one another as I have loved you.

Alleluia *Jn 14:23*
Whoever loves me will keep my word and my Father will love him and we will come to him.

Alleluia *Jn 15:4a, 5b*
Remain in me, as I remain in you, says the Lord; whoever remains in me will bear much fruit.

Alleluia *Jn 15:9b, 5b*
Remain in my love, says the Lord; whoever remains in me and I in him will bear much fruit.