



Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina
Thursday after Ash Wednesday
Lectionary: 220

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Lectio Divina

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.

Reading

Dt 30:15-20

Moses said to the people: "Today I have set before you life and prosperity, death and doom. If you obey the commandments of the LORD, your God, which I enjoin on you today, loving him, and walking in his ways, and keeping his commandments, statutes and decrees, you will live and grow numerous, and the LORD, your God, will bless you in the land you are entering to occupy. If, however, you turn away your hearts and will not listen, but are led astray and adore and serve other gods, I tell you now that you will certainly perish; you will not have a long life on the land that you are crossing the Jordan to enter and occupy. I call heaven and earth today to witness against you: I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live, by loving the LORD, your God, heeding his voice, and holding fast to him. For that will mean life for you, a long life for you to live on the land that the LORD swore he would give to your fathers Abraham, Isaac and Jacob."

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Responsorial Psalm

Ps 1:1-2, 3, 4 and 6

R. (40:5a) Blessed are they who hope in the Lord.

Blessed the man who follows not the counsel of the wicked nor walks in the way of sinners, nor sits in the company of the insolent, but delights in the law of the LORD and meditates on his law day and night.

R. Blessed are they who hope in the Lord.

He is like a tree planted near running water, that yields its fruit in due season, and whose leaves never fade. Whatever he does, prospers.

R. Blessed are they who hope in the Lord.

Not so the wicked, not so; they are like chaff which the wind drives away. For the LORD watches over the way of the just, but the way of the wicked vanishes.

R. Blessed are they who hope in the Lord.

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Verse Before the Gospel

Mt 4:17

Repent, says the Lord; the Kingdom of heaven is at hand.

Gospel

Lk 9:22-25

Jesus said to his disciples: “The Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed and on the third day be raised.”

Then he said to all, “If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself?”