

The practice of Lectio Divina (divine reading)

Lectio Divina is a reflective reading of scripture. It is a method of prayer that leads us into the deeper meaning of scripture and the transformation of our lives. It describes a way of reading the Scriptures whereby we open ourselves to what God wants to say to us. Lectio Divina can be done as an individual or as a group.

Begin by choosing a section of scripture that you would like to read and pray. You can choose the text randomly or pick a reading for the upcoming Sunday. Select a person who will lead the process by reading the selected text three times. Each reading is followed by a period of silence after which you are given the opportunity to briefly share what you are hearing as you listen to God.

Opening Prayer:

Take a minute in silence to invite the Holy Spirit to be with you. The leader will say the following Prayer:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen

First Reading

During the first reading, slowly read the text aloud. As you listen to the passage for the first time, what one word or phrase captures your attention? Please write it down, and meditate on that word in silence.

Second Reading

Slowly read the text again. This time, invite listeners to focus their attention on how the word, phrase or idea speaks to you about your life through this word, phrase or idea? Allow a brief period of silence and then invite group members to share briefly what they have heard.

Third Reading

Read the text a third time. This time, listeners are to focus on what God is calling them to do or to become. Experiencing God's presence changes us. What is God calling you to do or to be as a result of this experience? What invitation or challenge do you hear? What is God asking of you today?

Closing Prayer:

Invite one person to share a prayer from their heart, summarizing what the reflection revealed to the group.

First Sunday of Advent "C"

Jer 33:14-16

The days are coming, says the LORD,
when I will fulfill the promise
I made to the house of Israel and Judah.
In those days, in that time,
I will raise up for David a just shoot;
he shall do what is right and just in the land.
In those days Judah shall be safe
and Jerusalem shall dwell secure;
this is what they shall call her:
"The LORD our justice."

What habit of prayer
could you strengthen
during this Advent
season?

Ps 25:4-5, 8-9, 10, 14

R. (1b) To you, O Lord, I lift my soul.

Your ways, O LORD, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior,
and for you I wait all the day. **R.**

Good and upright is the LORD;
thus he shows sinners the way.
He guides the humble to justice,
and teaches the humble his way. **R.**

All the paths of the LORD are kindness and constancy
toward those who keep his covenant and his decrees.
The friendship of the LORD is with those who fear him,
and his covenant, for their instruction. **R.**

1 Thes 3:12—4:2

Brothers and sisters:

May the Lord make you increase and abound in love for one another and for all, just as we have for you, so as to strengthen your hearts, to be blameless in holiness before our God and Father at the coming of our Lord Jesus with all his holy ones. Amen.

Finally, brothers and sisters, we earnestly ask and exhort you in the Lord Jesus that, as you received from us how you should conduct yourselves to please God—and as you are conducting yourselves—you do so even more. For you know what instructions we gave you through the Lord Jesus.

Lk 21:25-28, 34-36

Jesus said to his disciples:

"There will be signs in the sun, the moon, and the stars,
and on earth nations will be in dismay,
perplexed by the roaring of the sea and the waves.
People will die of fright
in anticipation of what is coming upon the world,
for the powers of the heavens will be shaken.
And then they will see the Son of Man
coming in a cloud with power and great glory.
But when these signs begin to happen,
stand erect and raise your heads
because your redemption is at hand.

"Beware that your hearts do not become drowsy
from carousing and drunkenness
and the anxieties of daily life,
and that day catch you by surprise like a trap.
For that day will assault everyone
who lives on the face of the earth.
Be vigilant at all times
and pray that you have the strength
to escape the tribulations that are imminent
and to stand before the Son of Man."

Second Sunday of Advent "C"

[Bar 5:1-9](#)

Jerusalem, take off your robe of mourning and misery; put on the splendor of glory from God forever: wrapped in the cloak of justice from God, bear on your head the mitre that displays the glory of the eternal name. For God will show all the earth your splendor: you will be named by God forever the peace of justice, the glory of God's worship.

Up, Jerusalem! stand upon the heights; look to the east and see your children gathered from the east and the west at the word of the Holy One, rejoicing that they are remembered by God. Led away on foot by their enemies they left you: but God will bring them back to you borne aloft in glory as on royal thrones. For God has commanded that every lofty mountain be made low, and that the age-old depths and gorges be filled to level ground, that Israel may advance secure in the glory of God. The forests and every fragrant kind of tree have overshadowed Israel at God's command; for God is leading Israel in joy by the light of his glory, with his mercy and justice for company.

[Ps 126:1-2, 2-3, 4-5, 6](#)

R. (3) The Lord has done great things for us; we are filled with joy.

When the LORD brought back the captives of Zion,
we were like men dreaming.

Then our mouth was filled with laughter,
and our tongue with rejoicing. **R.**

Then they said among the nations,
"The LORD has done great things for them."

The LORD has done great things for us;
we are glad indeed. **R.**

Restore our fortunes, O LORD,
like the torrents in the southern
desert.

Those who sow in tears
shall reap rejoicing. **R.**

Although they go forth weeping,
carrying the seed to be sown,
They shall come back rejoicing,
carrying their sheaves. **R.**

In what areas of your life do
you need God's forgiveness
right now?
What Advent practice would
assist you in expressing your
repentance?

[Phil 1:4-6, 8-11](#)

Brothers and sisters:

I pray always with joy in my every prayer for all of you, because of your partnership for the gospel from the first day until now. I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus. ⁷ It is right that I should think this way about all of you, because I hold you in my heart, you who are all partners with me in grace, both in my imprisonment and in the defense and confirmation of the gospel. For... God is my witness, how I long for all of you with the affection of Christ Jesus. And this is my prayer: that your love may increase ever more and more in knowledge and every kind of perception, to discern what is of value, so that you may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ for the glory and praise of God.

[Lk 3:1-6](#)

In the fifteenth year of the reign of Tiberius Caesar,
when Pontius Pilate was governor of Judea,
and Herod was tetrarch of Galilee,
and his brother Philip tetrarch of the region
of Ituraea and Trachonitis,
and Lysanias was tetrarch of Abilene,
during the high priesthood of Annas and Caiaphas,
the word of God came to John
the son of Zechariah in the desert.

John went throughout the whole region of the Jordan,
proclaiming a baptism of repentance
for the forgiveness of sins,

as it is written in the book of the words of the prophet Isaiah:

A voice of one crying out in the desert:

"Prepare the way of the Lord,
make straight his paths.

Every valley shall be filled
and every mountain and hill shall be made low.

The winding roads shall be made straight,
and the rough ways made smooth,
and all flesh shall see the salvation of God."

Third Sunday of Advent "C"

[Zep 3:14-18a](#)

Shout for joy, O daughter Zion!
Sing joyfully, O Israel!
Be glad and exult with all your heart,
O daughter Jerusalem!
The LORD has removed the judgment against you
he has turned away your enemies;
the King of Israel, the LORD, is in your midst,
you have no further misfortune to fear.
On that day, it shall be said to Jerusalem:
Fear not, O Zion, be not discouraged!
The LORD, your God, is in your midst,
a mighty savior;
he will rejoice over you with gladness,
and renew you in his love,
he will sing joyfully because of you,
as one sings at festivals.

[Is 12:2-3, 4, 5-6](#)

R. (6) Cry out with joy and gladness: for among you is the great and Holy One of Israel.

God indeed is my savior;
I am confident and unafraid.
My strength and my courage is the LORD,
and he has been my savior.
With joy you will draw water
at the fountain of salvation. **R.**

Give thanks to the LORD, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name. **R.**

Sing praise to the LORD for his glorious achievement;
let this be known throughout all the earth.
Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel! **R.**

What acts of kindness could you do this week?

[Phil 4:4-7](#)

Brothers and sisters: 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.

[Lk 3:10-18](#)

The crowds asked John the Baptist,
“What should we do?”
He said to them in reply,
“Whoever has two cloaks
should share with the person who has none.
And whoever has food should do likewise.”
Even tax collectors came to be baptized and they said to him,
“Teacher, what should we do?”
He answered them,
“Stop collecting more than what is prescribed.”
Soldiers also asked him,
“And what is it that we should do?”
He told them,
“Do not practice extortion,
do not falsely accuse anyone,
and be satisfied with your wages.”
Now the people were filled with expectation,
and all were asking in their hearts
whether John might be the Christ.
John answered them all, saying,
“I am baptizing you with water,
but one mightier than I is coming.
I am not worthy to loosen the thongs of his sandals.
He will baptize you with the Holy Spirit and fire.
His winnowing fan is in his hand to clear his threshing floor
and to gather the wheat into his barn,
but the chaff he will burn with unquenchable fire.”
Exhorting them in many other ways,
he preached good news to the people.

Fourth Sunday of Advent "C"

[Mi 5:1-4a](#)

Thus says the LORD:

You, Bethlehem-Ephrathah
too small to be among the clans of Judah,
from you shall come forth for me
one who is to be ruler in Israel;
whose origin is from of old,
from ancient times.

Therefore the Lord will give them up, until the time
when she who is to give birth has borne,
and the rest of his kindred shall return
to the children of Israel.

He shall stand firm and shepherd his flock
by the strength of the LORD,
in the majestic name of the LORD,
his God;
and they shall remain, for now his
greatness
shall reach to the ends of the earth;
he shall be peace.

[Ps 80:2-3, 15-16, 18-19](#)

R. (4) Lord, make us turn to you; let us see your face and we shall be saved.

O shepherd of Israel, hearken,
from your throne upon the cherubim, shine forth.
Rouse your power,
and come to save us. **R.**

Once again, O LORD of hosts,
look down from heaven, and see;
take care of this vine,
and protect what your right hand has planted
the son of man whom you yourself made strong. **R.**

May your help be with the man of your right hand,
with the son of man whom you yourself made strong.

Then we will no more withdraw from you;
give us new life, and we will call upon your name. **R.**

[Heb 10:5-10](#)

Brothers and sisters:

When Christ came into the world, he said:
“Sacrifice and offering you did not desire,
but a body you prepared for me;
in holocausts and sin offerings you took no delight.
Then I said, ‘As is written of me in the scroll,
behold, I come to do your will, O God.’”

First he says, “Sacrifices and offerings,
holocausts and sin offerings,
you neither desired nor delighted in.”

These are offered according to the law.

Then he says, “Behold, I come to do your will.”

He takes away the first to establish the second.

By this “will,” we have been consecrated
through the offering of the body of Jesus Christ once for all.

[Lk 1:39-45](#)

Mary set out and traveled to the hill country in haste
to a town of Judah,

where she entered the house of Zechariah
and greeted Elizabeth.

When Elizabeth heard Mary’s greeting,
the infant leaped in her womb,
and Elizabeth, filled with the Holy Spirit,
cried out in a loud voice and said,
“Blessed are you among women,
and blessed is the fruit of your womb.

And how does this happen to me,
that the mother of my Lord should come to me?

For at the moment the sound of your greeting reached my ears,
the infant in my womb leaped for joy.

Blessed are you who believed
that what was spoken to you by the Lord
would be fulfilled.”

When was it hardest for you
to trust in God's plan, as
Mary did?