

## Handout 4a: *Lectio Divina* Practice (option 1)

**Invocation of the Holy Spirit:** Begin by asking for the grace of the Holy Spirit. You can use these or similar words:

*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.*

**Lectio (lex-ee-oh) "Reading":** Read the passage below once through or more, as time allows. Feel free to find this passage in your Bible and refer to it during the rest of the process of *Lectio Divina*.

*Matthew 10:5-15, 27*

*Jesus sent out the twelve after instructing them thus, "Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: 'The kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.*

*What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.*

**Meditatio (med-it-tots-ee-oh), "Meditation"** Meditate upon the word of God you have just heard. Please reflect on the following questions:

- *What word or phrase stands out to you from the text we just heard?*
- *What do you hear God saying to you through this passage?*

**Oratio (or-o-t-see-ah), "Prayer":** This is time for us to respond to God. Please reflect on the following questions:

- *What do you want to say to God upon reading this passage?*
- *What question(s) do you have for God upon reading this passage?*

**Contemplatio (con-tem-plot-see-oh), "Contemplation"** We are now going to rest in the presence of God. Remain still for a few moments and search for any movement God may be making in your heart.

**Actio (ax-ee-oh); "Action"** We are moving on from this time of *Lectio Divina* soon into what God has prepared for us for the rest of this day. Please reflect on the following questions:

- *What will you do differently today after reading this passage?*
- *In what way do you want to invite God to remain with you as you go about your day?*

## Closing Prayer

**Leader:** Heavenly Father, Your Risen Son claims the Church as his beloved spouse and pours love over all the baptized. Hear our prayers for the church throughout the world. Let this Lenten Season draw us closer to his Sacred Heart in deeper commitment to the mission of proclaiming and living the Kingdom of God.

**All:** We pray for Our Holy Father, our bishop, our pastor, all ordained and for all in leadership positions in the Catholic Church. May their attempts to promote human dignity and the common good bear fruit in our Lenten prayer and penance. For all the elect journeying to baptism and for the baptized ready to welcome them into the sacramental life of the Church. May our deepened commitment to our baptismal promises bring the light of Christ to the darkness of injustice and cruelty in our world. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

### The Lord's Prayer

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass  
against us;  
and lead us not into temptation, but deliver us from evil.