

Lectio Divina



Lectio Divina for the Sixth Week in Ordinary Time

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your grace
as to become a dwelling pleasing to you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

(Collect, Sixth Sunday in Ordinary Time)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 1:40-45

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning the him sternly, he dismissed him at once.

He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them."

The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

Meditation (*Meditatio*)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.

Prayer (*Oratio*)

Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

“If you wish, you can make me clean.” How can I rely more fully on God’s healing and mercy? What areas of my life need healing?

Moved with pity, he stretched out his hand, [and] touched him, When have I felt the hand of God comforting me and guiding me? How can I model God’s compassion in my own life?

“I do will it.” How can I better discern God’s will for me? How do I more fully conform my life to God’s will?

After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:

Closing Prayer:

Blessed is he whose fault is taken away,
whose sin is covered.
Blessed the man to whom the LORD imputes not
guilt,
in whose spirit there is no guile.

Then I acknowledged my sin to you,
my guilt I covered not.
I said, “I confess my faults to the LORD,”
and you took away the guilt of my sin.

Be glad in the LORD and rejoice, you just;
exult, all you upright of heart.

(From Psalm 32)

Living the Word This Week

How can I make my life a gift for others in charity?

Prayer for those who are discerning God’s call to priesthood, the permanent diaconate, or consecrated life.



Scripture Readings

For the Week of February 4, 2024

Sunday Fifth Sunday in Ordinary Time

Jb 7:1-4, 6-7; Ps 147: 1-2, 3-4, 5-6; 1 Cor 9:16-19, 22-23;
Mk 1:29-39

Monday Memorial of Saint Agatha, Virgin and Martyr

1 Kgs 8:1-7, 9-13; Ps 132:6-7, 8-10; Mk 6:53-56

Tuesday Memorial of Saint Paul Miki and Companions, Martyrs

1 Kgs 8:22-23, 27-30; Ps 84:3, 4, 5 and 10, 11; Mk 7:1-13

Wednesday 1 Kgs 10:1-10; Ps 37:5-6, 30-31, 39-40; Mk 7:14-23

Thursday Memorial of Saint Jerome Emiliani, Priest, and

Saint Josephine Bakhita, Virgin

1 Kgs 11:4-13; Ps 106:3-4, 35-36, 37 and 40; Mk 7:24-30

Friday 1 Kgs 11:29-32; 12:19; Ps 81:10-11ab, 12-13, 14-15;

Mk 7:31-37

Saturday Memorial of Saint Scholastica, Virgin

1 Kgs 12:26-32; 13:33-34; Ps 106:6-7ab, 19-20, 21-22; Mk 8:1-10

Sunday Sixth Sunday in Ordinary Time

Lv 13:1-2; 44-46; Ps 32:1-2, 5, 11; 1 Cor 10:31—11:1; Mk 1:40-45