

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

The month of July is dedicated to the Most Precious Blood of Jesus Christ

“If Christ shows us the face of a compassionate God, then to believe in him and to be his disciples means allowing ourselves to be changed and to take on his same feelings. It means learning to have a heart that is moved, eyes that see and do not look away, hands that help others and soothe their wounds, shoulders that bear the burden of those in need.” +POPE LEO XIV, HOMILY EXCERPT, JULY 13, 2025

Monday, July 21 ~ Sixteenth Week in Ordinary Time

Optional Memorial: Saint Lawrence of Brindisi, Priest and Doctor of the Church

Holy Gospel: Matthew 12:38-42 Some of the scribes and Pharisees said to Jesus, “Teacher, we wish to see a sign from you.” He said to them in reply, “An evil and unfaithful generation seeks a sign, but no sign will be given it except the sign of Jonah the prophet. Just as Jonah was in the belly of the whale three days and three nights, so will the Son of Man be in the heart of the earth three days and three nights. At the judgment, the men of Nineveh will arise with this generation and condemn it, because they repented at the preaching of Jonah; and there is something greater than Jonah here. At the judgment the queen of the south will arise with this generation and condemn it, because she came from the ends of the earth to hear the wisdom of Solomon; and there is something greater than Solomon here.”

Meditation: It was characteristic of the Jewish people to demand “signs” from God’s messengers to authenticate their claims. Jesus faulted them for one thing: spiritual adultery. The image of adultery was often used in the scriptures for describing apostasy or infidelity towards God. When the religious leaders pressed Jesus to give proof for his claims, he says in so many words that he is God’s sign and that they need no further evidence from heaven than his own person. The Ninevites recognized God’s warning when Jonah spoke to them, and they repented (Jonah 3:5). And the Queen of Sheba recognized God’s wisdom in Solomon (1 Kings 10:1-9). Jonah was God’s sign and his message was the message of God for the people of Nineveh. Unfortunately the religious leaders were not content to accept the signs right before their very eyes. They had rejected the message of John the Baptist and now they reject Jesus as God’s Anointed One (Messiah) and they fail to heed his message. Simeon had prophesied at Jesus’ birth that he was “destined for the falling and rising of many in Israel, and to be a sign that will be opposed so that inner thoughts of many will be revealed” (Luke 2:34-35). Jesus confirmed his message with many miracles in preparation for the greatest sign of all – his resurrection on the third day.

Prayer: O God, who for the glory of your name and the salvation of souls bestowed on the Priest Saint Lawrence of Brindisi a spirit of counsel and fortitude, grant, we pray, that in the same spirit, we may know what must be done and, through his intercession, bring it to completion. 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. Amen.

Contemplation: The Lord Jesus through the gift of his Holy Spirit offers us freedom from sin and ignorance and he gives us wisdom and understanding so that we may grow in knowledge of God and his ways. Do you thirst for God and for the wisdom which comes from above? James the Apostle says that the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, without uncertainty or insincerity (James 3:17). A double-minded person cannot receive this kind of wisdom. If we wish to be wise in God’s ways, then we must humble ourselves before him, like attentive students who wish to learn, and submit our heart and mind to his will for our lives. The single of heart and mind desire one thing alone – God who is the source of all wisdom, goodness, truth, and knowledge. Ask the Holy Spirit to fill you with the wisdom which comes from above and to free your heart from all that would hinder God’s loving action in your life.

Tuesday, July 22 ~ Sixteenth Week in Ordinary Time

Feast of Saint Mary Magdalene

Holy Gospel: John 20:1-2, 11-18 On the first day of the week, Mary Magdalene came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him." Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the Body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him." When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher. Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord," and then reported what he told her.

Meditation: How easy it is to miss the Lord when our focus is on ourselves! Mary Magdalene did not at first recognize the Lord because her focus was on the empty tomb and on her own grief. It took only one word from the Master, when he called her by name, for Mary to recognize him. Mary's message to the disciples, I have seen the Lord, is the very essence of Christianity. It is not enough that a Christian know about the Lord, but that we know him personally. It is not enough to argue about him, but to meet him. In the resurrection we encounter the living Lord who loves us personally and shares his glory with us.

Prayer: O God, whose Only Begotten Son entrusted Mary Magdalene before all others with announcing the great joy of the Resurrection, grant, we pray, that through her intercession and example we may proclaim the living Christ and come to see him reigning in your glory. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: The Lord gives us "eyes of faith" to see the truth of his resurrection and victory over sin and death (ref. Ephesians 1:18). The resurrection of Jesus is the foundation of our hope -- the hope that we will see God face to face and share in his everlasting glory and joy. Without having seen him you love him; though you do not now see him you believe in him and rejoice with unutterable and exalted joy. As the outcome of your faith you obtain the salvation of your souls (1 Peter 1:8-9). Do you recognize the Lord's presence with you, in his word, in his truth, in the sacraments, in the Eucharist, and in his church, the body of Christ?

Make a Virtual Visit: Visit the place (now a shrine) in what is now modern-day France where Mary Magdalene reportedly lived out the last years of her life: <https://www.saintebaume.org/>

Wednesday, July 23 ~ Sixteenth Week in Ordinary Time

Optional Memorial: Saint Bridget of Sweden, Religious

Holy Gospel: Matthew 13:1-9 On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying: "A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."

Meditation: Jesus' parable of the sower is aimed at the hearers of his word. There are different ways of accepting God's word and they produce different kinds of fruit accordingly. There is the prejudiced hearer who has a shut mind. Such a person is unteachable and blind to what he or she doesn't want to hear. Then there is the shallow hearer. He or she fails to think things out or think them through; they lack depth. They may initially respond with an emotional reaction; but when it wears off their mind wanders to something else. Another type of hearer is the person who has many interests or cares, but who lacks the ability to hear or comprehend what is truly important. Such a person is for ever too busy to pray or too preoccupied to study and meditate on God's word. He or she may work so hard that they are too tired to even think of anything else but their work. Then there is the one whose mind is open. Such a person is at all times willing to listen and to learn. He or she is never too proud or too busy to learn. They listen in

order to understand. God gives grace to those who hunger for his word that they may understand his will and have the strength to live according to it. Do you hunger for God's word?

Prayer: O God, who guided Saint Bridget of Sweden along different paths of life and wondrously taught her the wisdom of the Cross as she contemplated the Passion of your Son, grant us, we pray, that, walking worthily in our vocation, we may seek you in all things. 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. Amen.

Contemplation: Do you hunger for God's word? Saint Matthew tells us that Jesus taught many things to those who came to listen and learn. Jesus' teaching method was a very simple one. He used parables – short stories and images taken from everyday life to convey hidden truths about the kingdom of God. Like a skillful artist, Jesus painted evocative pictures with short and simple words. As busy as we are in this day and age, we still need to carve out an ample amount of time to listen to the truths of Christ in the gospels, and to learn from him. This *Lectio Divina* is an excellent start to carving out time to learn the truths of scripture, to think about them, meditate upon them, in order to apply the teachings in one's daily living -- to be a "doer of the word, not a hearer only" (James 1:22).

Thursday, July 24 ~ Sixteenth Week in Ordinary Time **Optional Memorial of Saint Sharbel (Charbel) Makhlūf, Priest**

Holy Gospel: Matthew 20:20-28 The mother of the sons of Zebedee approached Jesus with her sons and did him homage, wishing to ask him for something. He said to her, "What do you wish?" She answered him, "Command that these two sons of mine sit, one at your right and the other at your left, in your Kingdom." Jesus said in reply, "You do not know what you are asking. Can you drink the chalice that I am going to drink?" They said to him, "We can." He replied, "My chalice you will indeed drink, but to sit at my right and at my left, this is not mine to give but is for those for whom it has been prepared by my Father." When the ten heard this, they became indignant at the two brothers. But Jesus summoned them and said, "You know that the rulers of the Gentiles lord it over them, and the great ones make their authority over them felt. But it shall not be so among you. Rather, whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

Meditation: There are many who seek places of honor, position, and prestige. Many seem to have an unquenchable thirst for fame and recognition, to seek the limelight and be the center of attention, to have their voice or opinion heard through a web site for example. Should we be surprised to see some of the disciples of Jesus thirsting for power, authority, and position? James and John, the sons of Zebedee, urged their mother to strike a deal with Jesus, their Master. They wanted the distinction of being in the highest position of authority and power, next to Jesus, of course! When Jesus called the twelve apostles to be his inner circle of disciples who would rule on his behalf, he did the unthinkable! He taught contrary to their understanding of power and position, by reversing the order of master and servant, lord and subject, first and last!

Prayer: O God, who called the Priest Saint Sharbel Makhlūf to the solitary combat of the desert and imbued him with all manner of devotion, grant us, we pray, that, being made imitators of the Lord's Passion, we may merit to be co-heirs of his Kingdom. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: What kind of cup does the Lord have in mind for us? For some such a cup entails physical suffering and the painful struggle of martyrdom. But for many, it entails the long routine of the Christian life, with all its daily sacrifices, disappointments, set-backs, challenges, struggles, and temptations. As disciples we must always be ready to lay down our lives in martyrdom for the sake of the gospel and be ready to lay it down each and every day in the little and big sacrifices required. What makes such sacrifice a joy rather than a burden? It is love — the kind of "love which God has poured into our hearts through the Holy Spirit which has been given to us" (ref. Romans 5:5). An early church father summed up Jesus' teaching with the expression: "to serve is to reign with Christ." We share in God's reign by laying down our lives in humble service and love for one another, just as Jesus did for our sake. Are you ready to lay down your life and to serve others as Jesus has taught and modeled for us?

Friday, July 25 ~ Sixteenth Week in Ordinary Time **Feast of Saint James, Apostle**

Holy Gospel: Matthew 13:18-23 Jesus said to his disciples: "Hear the parable of the sower. The seed sown on the path is the one who hears the word of the Kingdom without understanding it, and the Evil

One comes and steals away what was sown in his heart. The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he immediately falls away. The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit. But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirty-fold."

Meditation: This parable of Jesus is a warning to those who hear and who preach the word of God. What makes us ineffective and unresponsive to God's word? Preoccupation with other things can distract us from what is truly important and worthwhile. And letting our hearts and minds be consumed with material things can easily weigh us down and draw us away from the treasure that lasts for eternity. God's word can only take root in a receptive heart which is docile and ready to hear what God has to say. One lesson is quite clear: the harvest is sure. While some seed will fall by the wayside and some fall on shallow ground and never come to maturity, and some be choked to death by the thorns; nonetheless a harvest will come. The seed that falls on good soil, on the heart that is receptive, will reap abundant fruit.

Prayer: Almighty ever-living God, who consecrated the first fruits of your Apostles by the blood of Saint James, grant, we pray, that your Church may be strengthened by his confession of faith and constantly sustained by his protection. 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. Amen

Contemplation: To respond to this parable, we need to look at the story as if we are the seed. Many who hear the Gospel never seem to "get it." The message is forgotten before it ever takes root. Statistically, 50% of all Catholic youth who receive the sacraments disappear somewhere between age 18 and 35. Shallow roots fail to equip them to take the heat of our secular culture. Then there are the 89% of lifelong, regular churchgoers who, according to a Gallup Poll, embrace the values and lifestyles identical to those of their secular neighbors, devoid of anything rooted in the laws of God or the teachings of Jesus Christ. Their Catholic faith has been neutralized by poor theology, poor catechesis, and a focus on worldliness. Then there are those who stay away from serious sin, manage to do some good for some people, but all in all produce a mediocre harvest. Finally there are those who are not satisfied with just getting by. They sink their roots deep into the truths of Scripture, tradition, prayer and the sacraments, and as a result produce a bumper crop. So, what kind of seed are you?

About Saint James: In Spain, he is called El Señor Santiago, the patron saint of horsemen and soldiers, and his great shrine at Santiago de Compostela in that country has been a place of pilgrimage for centuries. He is one of those that Jesus called Boanerges, "son of thunder," the brother of John the Evangelist and the son of Zebedee the fisherman from Galilee. St. James the Greater and his brother John were apparently partners with those other two brothers, Peter and Andrew, and lived in Bethsaida, on the north shore of the Sea of Galilee. How and where James first met Jesus, we do not know; but there is an old legend that makes Salome, his mother, a sister of Mary, and if this were the case, he would have known Jesus from childhood. Along with Peter and his brother John, James was part of the inner circle of Jesus, who witnessed the Transfiguration, were witnesses to certain of His miracles, like the raising of the daughter of Jairus, and accompanied Him to the Garden of Gethsemani. Like his brother, he was active in the work of evangelization after the death of Jesus, and one legend, very unlikely, even has him going to Spain after Jesus' resurrection. His prominence and his presence in Jerusalem must have been well known, for scarcely a dozen years after the Resurrection, he became involved in the political maneuverings of the day and was arrested and executed by King Herod Agrippa. This was followed by the arrest of Peter also, so his death must have been part of a purge of Christian leaders by Agrippa, who saw the new Christian movement as a threat to Judaism. Jesus had foretold this kind of fate when He prophesied that James and his brother John would "drink of the same chalice" of suffering as Himself. The two brothers had asked to be seated at the right of Jesus and at His left in His kingdom, and Jesus told them that they would be with Him in a far different way than they expected. James's death is the only biblical record we have of the death of one of the Apostles, and he was the first of that chosen band to give his life for his Master.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;
information about saints, solemnities, feasts and memorials courtesy of Catholic Culture.

frlumpe:2025

