



Lectio Divina for the First Week of Advent

We begin our prayer:

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

Stir up your power, O Lord,
and come to our help with mighty strength,
that what our sins impede
the grace of your mercy may hasten.
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, Thursday of the First Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 13:33-37

Jesus said to his disciples: "Be watchful! Be alert!
You do not know when the time will come. It is like
a man traveling abroad. He leaves home and places
his servants in charge, each with his own work, and
orders the gatekeeper to be on the watch. Watch,
therefore; you do not know when the Lord of the
house is coming, whether in the evening, or at
midnight, or at cockcrow, or in the morning. May
he not come suddenly and find you sleeping. What I
say to you, I say to all: 'Watch!'"

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?

Each with his own work. To what work is God calling me? How can I be of greater service to my brothers and sisters?

Watch, therefore; you do not know when the Lord of the house is coming. How can I become more attentive to God's presence in my life? How can I prepare my heart to receive Christ at Christmas?

What I say to you, I say to all: "Watch!" How can I help others encounter Christ? What are some ways that I share my faith?

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

Closing Prayer:

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

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.

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.

(From Psalm 80)

Living the Word This Week

How can I make my life a gift for others in charity?
Make setting aside time for prayer and service a
priority in your schedule.

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Lectio Divina



Lectio Divina for the Solemnity of Immaculate Conception of the Blessed Virgin Mary

We begin our prayer:

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

O God, who by the Immaculate Conception
of the Blessed Virgin
prepared a worthy dwelling for your Son,
grant, we pray,
that, as you preserved her from every stain
by virtue of the Death of your Son, which
you foresaw,
so, through her intercession,
we, too, may be cleansed and admitted
to your presence.
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, Solemnity of the Immaculate Conception)

Reading (*Lectio*)

Read the following Scripture two or three times.

Luke 1:26-38

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you."

But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

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?



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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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Do not be afraid. What things/issues in my life cause fear? How does my faith in God help me to deal with these fears?

You have found favor with God. How have I experienced God's favor in my life? How can I express my gratitude for God's gifts?

Nothing will be impossible for God. When have I experienced God's power in my life? How can I grow in my trust for God's Divine Providence?

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

Closing Prayer:

Sing to the LORD a new song,
for he has done wondrous deeds;
His right hand has won victory for him,
his holy arm.

The LORD has made his salvation known:
in the sight of the nations he has revealed his
justice.
He has remembered his kindness and his
faithfulness
toward the house of Israel.

All the ends of the earth have seen
the salvation by our God.
Sing joyfully to the LORD, all you lands;
break into song; sing praise.

(From Psalm 98)

Living the Word This Week

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

Pray (at least) a decade of the Rosary.

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Lectio Divina for the Second Week of Advent

We begin our prayer:

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

May the splendor of your glory dawn in our hearts,
we pray, almighty God,
that all shadows of the night may be scattered
and we may be shown to be children of light
by the advent of your Only Begotten Son.
Who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

(Collect, Saturday of the Second Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 1:1-8

The beginning of the gospel of Jesus Christ the Son of God.

As it is written in Isaiah the prophet:

*Behold, I am sending my messenger ahead of you;
he will prepare your way.*

A voice of one crying out in the desert:

*“Prepare the way of the Lord,
make straight his paths.”*

John the Baptist appeared in the desert proclaiming
a baptism of repentance for the forgiveness of sins.
People of the whole Judean countryside and all the

inhabitants of Jerusalem were going out to him and
were being baptized by him in the Jordan River as
they acknowledged their sins.

John was clothed in camel’s hair, with a leather belt
around his waist. He fed on locusts and wild honey.
And this is what he proclaimed: “One mightier than
I is coming after me. I am not worthy to stoop and
loosen the thongs of his sandals. I have baptized
you with water; he will baptize you with the Holy
Spirit.”

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.*



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Prayer (*Oratio*)

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

The LORD himself will give his benefits;
our land shall yield its increase.
Justice shall walk before him,
and prepare the way of his steps.

(From Psalm 85)

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

I am sending my messenger ahead of you. How do I learn about my faith? How do my actions reflect what I believe?

One mightier than I is coming after me. How have I seen/experienced God's power? How can I help to prepare the way of the Lord?

He will baptize you with the Holy Spirit. What gifts of the Spirit am I called to share? What gifts of the Spirit do I need to cultivate?

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

Closing Prayer:

I will hear what God proclaims;
the LORD—for he proclaims peace to his people.
Near indeed is his salvation to those who fear him,
glory dwelling in our land.

Kindness and truth shall meet;
justice and peace shall kiss.
Truth shall spring out of the earth,
and justice shall look down from heaven.

Living the Word This Week

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

Recall your Baptism by praying and reflecting on the Apostles' Creed.

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Lectio Divina for the Third Week of Advent

We begin our prayer:

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

May your grace, almighty God,
always go before us and follow after,
so that we, who await with heartfelt desire
the coming of your Only Begotten Son,
may receive your help both now and in the life to
come.

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, Friday of the Third Week of Advent)

Reading (*Lectio*)

Read the following Scripture two or three times.

John 1:6-8, 19-28

A man named John was sent from God. He came
for testimony, to testify to the light, so that all might
believe through him. He was not the light, but came
to testify to the light.

And this is the testimony of John. When the Jews
from Jerusalem sent priests and Levites to him to
ask him, “Who are you?” He admitted and did not
deny it, but admitted, “I am not the Christ.” So they
asked him, “What are you then? Are you Elijah?”
And he said, “I am not.” “Are you the Prophet?” He

answered, “No.” So they said to him, “Who are you,
so we can give an answer to those who sent us?
What do you have to say for yourself?” He said:

“I am *the voice of one crying out in the desert,*
‘make straight the way of the Lord,’”
as Isaiah the prophet said.”

Some Pharisees were also sent. They asked him,
“Why then do you baptize if you are not the Christ
or Elijah or the Prophet?” John answered them, “I
baptize with water; but there is one among you
whom you do not recognize, the one who is coming
after me, whose sandal strap I am not worthy to
untie.” This happened in Bethany across the Jordan,
where John was baptizing.

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.*



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Prayer (*Oratio*)

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

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

A man named John was sent from God. What is God sending me to do? How do I respond to this mission?

He was not the light, but came to testify to the light. How can I give witness to the good things God has done for me? How can I better reflect God's light?

"Make straight the way of the Lord." What stumbling blocks keep me from following the Lord's way? What steps can I take to remove those stumbling blocks?

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

Closing Prayer:

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior,
for he has looked upon his lowly servant.
From this day all generations will call me blessed:

the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,

(From Luke 1)

Living the Word This Week

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

Make a good examination of conscience and plan to receive the Sacrament of Penance before Christmas.

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Lectio Divina for the Fourth Week of Advent

We begin our prayer:

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

Come quickly, we pray, Lord Jesus,
and do not delay,
that those who trust in your compassion
may find solace and relief in your coming.
Who live and reign with God the Father
in the unity of the Holy Spirit,
God, for ever and ever.

(Collect, December 24)

Reading (*Lectio*)

Read the following Scripture two or three times.
Luke 1:26-38

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God.

"Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his

father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

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.



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Prayer (*Oratio*)

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

“He shall say of me, ‘You are my father, my God, the Rock, my savior.’
Forever I will maintain my kindness toward him, and my covenant with him stands firm.”

(From Psalm 89)

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

[She] pondered what sort of greeting this might be.
How do I converse with God in prayer? How can I find time in my day for prayer, reflection, and spiritual reading?

“How can this be?” What aspects of my faith raise questions in my mind? What are reliable ways to seek answers to these questions?

The power of the Most High will overshadow you.
When have I felt God’s presence most strongly?
When have I felt comforted by God?

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

Closing Prayer:

The promises of the LORD I will sing forever;
through all generations my mouth shall proclaim
your faithfulness.
For you have said, “My kindness is established
forever”;
in heaven you have confirmed your faithfulness.

“I have made a covenant with my chosen one,
I have sworn to David my servant:
Forever will I confirm your posterity
and establish your throne for all generations.”

Living the Word This Week

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

In the busy days of the Christmas holidays, take some time each day for silent prayer.

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