

Lectio Divina (*A little review*)

- Read [*Lectio*] (Read the scripture passage perhaps read it TWICE)
- Reflect [*Meditatio*] (Think about the passage—Which words stand out?—What is God telling us?) Allow the words to penetrate your spirit.
- Respond [*Oratio*] (Allow our hearts to respond to God. We pray over the Scripture passages in silence. How does the passage challenge you? How does it affect your interactions with others? God is speaking to you—what is your response to God?)
- Rest-Receive [*Contemplatio*] (We put aside our own thoughts and listen with our hearts to the message of the scripture passage. We are gradually transformed by the message. Sit in silence—rest in the Spirit.
- **Remember: God's first language is Silence**

Prayer before Lectio Divina

O God, Father and Son and Holy Spirit,
I thank you for the inestimable gift of the Holy Scriptures.

May I always have a great reverence for your inspired Word, through which you speak to us and are present in a special way among us.

May I read and understand the holy Bible, the Old and the New Testament, as you want it to be read and understood—in accordance with the interpretation and the teaching of Your Church.

May I make the complete observance of the Holy Gospel the rule of my daily life.

May the Scripture readings be of benefit for my soul and guide me through life's dangers and temptations to eternal life. Amen

Matthew 5: 1-16

1 When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him.

2 He began to teach them, saying:

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 Blessed are they who mourn, for they will be comforted.

5 Blessed are the meek, for they will inherit the land.

6 Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

7 Blessed are the merciful, for they will be shown mercy.

8 Blessed are the clean of heart, for they will see God.

9 Blessed are the peacemakers, for they will be called children of God.

10 Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

11 Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me.

12 Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.

13 You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.

14 You are the light of the world. A city set on a mountain cannot be hidden.

15 Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house.

16 Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

Christ on the Cross
bows His head,
waiting for you,
that He may kiss you;
He stretches out His arms,
that He may embrace you;
His hands are open,
that He may enrich you;
His body is spread out,
that He may give
Himself totally;
His feet are nailed,
that He may stay there;
His side is open for you,
that He may let you enter there.

– St. Bonaventure, *Soliloquy I*, 39 ²⁹

“Francis, the servant of Christ ... strove to keep his spirit present to God ... For whether walking or sitting, inside or outside, working or resting, he was so focused on prayer that he seemed to have dedicated to it not only whatever was in his heart and body, but also his effort and time.” (Bonaventure *Legend*, X.1)