

Lectio Divina



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.

O God, who, seeing the human race fallen into death,
willed to redeem it by the coming of your Only Begotten Son,
grant, we pray,
that those who confess his Incarnation with humble fervor
may merit his company as their Redeemer.
Who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

(Collect, December 22)

Reading (*Lectio*)

Read the following Scripture two or three times.

Luke 1:39-45

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the

moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

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?

Elizabeth, filled with the Holy Spirit, cried out in a loud voice. What gifts or fruits of the Holy Spirit do I need to cultivate? How can I share the gifts I do have with others?

And how does this happen to me, that the mother of my Lord should come to me? When have I been surprised by an encounter with the Lord? How can I become more attentive to these opportunities for encounter?

Blessed are you who believed that what was spoken to you by the Lord would be fulfilled. When am I most beset by doubt? When does my faith feel strongest?

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?

In the busy days of the Christmas holidays, take some time for prayer before the Blessed Sacrament.

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