



Lectio Divina for the First Week of Lent

We begin our prayer:

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

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

(Collect, First Sunday of Lent)

Reading (Lectio)

Read the following Scripture two or three times.

Luke 4:1-14

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, *One does not live on bread alone.*"

Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will

be yours, if you worship me." Jesus said to him in reply, "It is written:

*You shall worship the Lord, your God,
and him alone shall you serve."*

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written:

*He will command his angels concerning
you, to guard you,*

and:

*With their hands they will support you,
lest you dash your foot against a stone."*

Jesus said to him in reply, "It also says, *You shall not put the Lord, your God, to the test.*" When the devil had finished every temptation, he departed from him for a time.

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?

Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. When have I been tempted away from a life of faith? Where are the deserts in my faith life?

One does not live on bread alone. What spiritual practices nourish my faith? How can I place God at the center of my life?

You shall not put the Lord, your God, to the test. When is my faith in God tested most strongly? How can I support others when they face trials?

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

Closing Prayer

You who dwell in the shelter of the Most High,
who abide in the shadow of the Almighty,
say to the LORD, "My refuge and fortress,
my God in whom I trust."

No evil shall befall you,
nor shall affliction come near your tent,

For to his angels he has given command about you,
that they guard you in all your ways.

Upon their hands they shall bear you up,
lest you dash your foot against a stone.
You shall tread upon the asp and the viper;
you shall trample down the lion and the dragon.

Because he clings to me, I will deliver him;
I will set him on high because he acknowledges my name.
He shall call upon me, and I will answer him;
I will be with him in distress;
I will deliver him and glorify him.

(From Psalm 91)

Living the Word This Week

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

Make plans to receive the Sacrament of Penance during Lent.

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