

Lectio Divina



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.

Keep us alert, we pray, O Lord our God,
as we await the advent of Christ your Son,
so that, when he comes and knocks,
he may find us watchful in prayer
and exultant in his praise.
Who lives and reigns with you in the unity of the
Holy Spirit,
one God, for ever and ever.

(Collect, Monday 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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

Be watchful! Be alert! How can I be more attentive to the presence of God in my life? How can I be more attentive to the needs of those around me?

You do not know when the time will come. How I am preparing to meet Christ when he comes again? Does the way I spend my time reflect the priority of Christ in my life?



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*May he not come suddenly and find you sleeping.
What anesthetizes me to the demands that my faith
makes on me? Do I give my faith my best energy
and effort?*

*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?

Carefully examine your schedule this week and
judge whether it accurately reflects the priority that
your faith should have in your life.

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