



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.

Convert us, O God our Savior,
and instruct our minds by heavenly teaching,
that we may benefit from the works of Lent.
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, Monday of the First Week of Lent)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

He was among wild beasts. When have I felt that my faith is under attack? What things threaten my faith and make it difficult for me to live a holy life?

Jesus came to Galilee proclaiming the gospel of God. Where is God calling me to share his Good News? With whom do I need to share the Gospel this week?

Repent, and believe in the gospel. What parts of my life are in need of conversion? How can I make my faith in the Gospel stronger?

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

Closing Prayer:

Your ways, O LORD, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior.

Remember that your compassion, O LORD,
and your love are from of old.
In your kindness remember me,
because of your goodness, O LORD.

Good and upright is the LORD,
thus he shows sinners the way.
He guides the humble to justice,
and he teaches the humble his way.

(from Psalm 25)

Living the Word This Week

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

Pray for those who are persecuted for their faith in Jesus Christ.

Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. Excerpts from the *Lectioary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.