

Lectio Divina



Lectio Divina for the Feast of the Baptism of the Lord

We begin our prayer:

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

Almighty ever-living God,
who, when Christ had been baptized in the River
Jordan

and as the Holy Spirit descended upon him,
solemnly declared him your beloved Son,
grant that your children by adoption,
reborn of water and the Holy Spirit,
may always be well pleasing to you.

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, Baptism of the Lord)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 1:7-11

This is what John the Baptist proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan

by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.”

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?

One mightier than I is coming after me. How often do I try to rely on my own strength rather than on God? How can I nurture my trust in God's might?

I am not worthy to stoop and loosen the thongs of his sandals. How am I called to serve God? How can I grow in humility?

You are my beloved Son; with you I am well pleased. When have I felt most beloved by God? How can I make my life a more pleasing sacrifice to God?

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

Closing Prayer:

God indeed is my savior;

I am confident and unafraid.

My strength and my courage is the LORD,
and he has been my savior.

With joy you will draw water
at the fountain of salvation.

Give thanks to the LORD, acclaim his name;
among the nations make known his deeds,
proclaim how exalted is his name.

Sing praise to the LORD for his glorious
achievement;

let this be known throughout all the earth.

Shout with exultation, O city of Zion,
for great in your midst
is the Holy One of Israel!

(From Isaiah 12)

Living the Word This Week

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

Recall your Baptism by praying the Apostles'

Creed: <http://ccc.usccb.org/flipbooks/uscca/#560/z>

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