

# Lectio Divina



## Lectio Divina for the Fifth Week in Ordinary Time

*We begin our prayer:*

Keep your family safe, O Lord, with  
unfailing care,  
that, relying solely on the hope of heavenly  
grace,  
they may be defended always by your  
protection.

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, Fifth Sunday in Ordinary Time)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

Matthew 5:13-16

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

### 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?

*But if salt loses its taste, with what can it be seasoned? What people, places, and things re-invigorate your faith? How often do you express your joy and enthusiasm for your faith?*

*You are the light of the world. How can I bring light and truth into my interactions with others? How can I learn to see others through the eyes of God?*

*Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. How does the way I live reflect what I believe? In what ways am I a good or bad example for those who are seeking God?*

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

## Closing Prayer:

Light shines through the darkness for  
the upright;  
he is gracious and merciful and just.

Well for the man who is gracious and lends,  
who conducts his affairs with justice.

He shall never be moved;  
the just one shall be in  
everlasting remembrance.  
An evil report he shall not fear;  
his heart is firm, trusting in the LORD.

His heart is steadfast; he shall not fear.  
Lavishly he gives to the poor;  
His justice shall endure forever;  
his horn shall be exalted in glory.

(From Psalm 112)

## Living the Word This Week

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

Join the issue advocacy network of your diocese or state Catholic conference.

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