

# Lectio Divina



## Lectio Divina for February 8, 2025 Saturday of the Fourth Week in Ordinary Time National Marriage Week

*We begin our prayer:*

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

O God, Creator of all things,  
who in the beginning made man and woman  
that they might form the marriage bond,  
bless and strengthen the union of your servants,  
that they may show forth an ever more perfect image  
of the union of Christ with his Church.  
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, On Anniversaries of Marriage)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

Hebrews 13:15-17, 20-21

Brothers and sisters: Through Jesus, let us continually offer God a sacrifice of praise, that is, the fruit of lips that confess his name. Do not neglect to do good and to share what you have; God is pleased by sacrifices of that kind.

Obey your leaders and defer to them, for they keep

watch over you and will have to give an account, that they may fulfill their task with joy and not with sorrow, for that would be of no advantage to you.

May the God of peace, who brought up from the dead the great shepherd of the sheep by the Blood of the eternal covenant, furnish you with all that is good, that you may do his will. May he carry out in you what is pleasing to him through Jesus Christ, to whom be glory forever and ever. Amen.

### 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*)



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*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?

*Through Jesus, let us continually offer God a sacrifice of praise.* For what should I give God thanks and praise today? How can I make more time in my day to pray: alone, with my spouse, and with my family?

*Do not neglect to do good and to share what you have.* What obstacles prevent me from sharing with those in need? How do my spouse and I balance focusing on our family's needs with the needs of others?

*May the God of peace ... furnish you with all that is good, that you may do his will.*

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

## **Closing Prayer:**

The LORD is my shepherd; I shall not want.  
In verdant pastures he gives me repose.  
Beside restful waters he leads me;  
he refreshes my soul.

He guides me in right paths  
for his name's sake.  
Even though I walk in the dark valley  
I fear no evil; for you are at my side  
With your rod and your staff  
that give me courage.

You spread the table before me  
in the sight of my foes;  
You anoint my head with oil;

my cup overflows.

Only goodness and kindness follow me  
all the days of my life;  
And I shall dwell in the house of the LORD  
for years to come.

(From Psalm 23)

## **Living the Word This Week**

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

Together take an honest look at your schedule and budget to find ways that you can share your time, treasure, and talent more generously.

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