

# Lectio Divina



## *Lectio Divina* for July 21, 2025 Monday of the Sixteenth Week in Ordinary Time

*We begin our prayer:*

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

Heavenly Father,  
Send your Holy Spirit  
to transform the hearts  
and minds of all  
baptized couples.  
With your help,  
may their union of love and life  
grow ever more profound.  
May they embrace God's plan  
for marriage and family.  
As co-creators with God,  
may they be open to children  
in trust and love.  
Amen.

### Reading (*Lectio*)

*Read the following Scripture two or three times.*  
Matthew 12:38-42

Some of the scribes and Pharisees said to Jesus, "Teacher, we wish to see a sign from you." He said to them in reply, "An evil and unfaithful generation seeks a sign, but no sign will be given it except the sign of Jonah the prophet. Just as Jonah was in the belly of the whale three days and three

nights, so will the Son of Man be in the heart of the earth three days and three nights. At the judgment, the men of Nineveh will arise with this generation and condemn it, because they repented at the preaching of Jonah; and there is something greater than Jonah here. At the judgment the queen of the south will arise with this generation and condemn it, because she came from the ends of the earth to hear the wisdom of Solomon; and there is something greater than Solomon here."

### 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.*

**Pursue a lasting love ...  
#NFP Week 2025**



## Contemplation (*Contemplatio*)

*Read the Scripture again, followed by this reflection:*

What conversion of mind, heart, and life is the Lord asking of me? What influences the way I understand God's plan for marriage and the gift of life? How can the way that my spouse and I accept God's plan for our marriage and fertility be a sign to the world?

*Teacher, we wish to see a sign from you.* When have I tested God's love for me? How do I show my love for my spouse?

*They repented at the preaching of Jonah; and there is something greater than Jonah here.* For what sins do I need to ask forgiveness? What offenses do I need to forgive?

*She came from the ends of the earth to hear the wisdom of Solomon.* What sources of wisdom can I consult when I face difficulties in my marriage? How can I be more docile to the wisdom of God expressed in Church teaching on married love and the gift of life?

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

## Closing Prayer:

I will sing to the LORD, for he is  
gloriously triumphant;  
horse and chariot he has cast into the sea.  
My strength and my courage is the LORD,  
and he has been my savior.  
He is my God, I praise him;  
the God of my father, I extol him.

The LORD is a warrior,  
LORD is his name!  
Pharaoh's chariots and army he hurled into the sea;  
the elite of his officers were submerged  
in the Red Sea.

The flood waters covered them,  
they sank into the depths like a stone.  
Your right hand, O LORD, magnificent in power,  
your right hand, O LORD, has shattered the enemy.

(From Exodus 15)

## Living the Word This Week

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

Make an examination of conscience (<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/sacrament-reconciliation-married-persons-examination-of-conscience>) and make plans to celebrate God's mercy in the Sacrament of Penance.

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 *Lectionary 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.

**WWW.USCCB.ORG/NFP**