



***Lectio Divina* for July 26, 2025**

Memorial of Saints Joachim and Anne

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.
Sirach 44:1, 10-15
(From the Memorial of Saints Joachim and Anne)

Now will I praise those godly men,
our ancestors, each in his own time:
These were godly men
whose virtues have not been forgotten;
Their wealth remains in their families,
their heritage with their descendants;
Through God's covenant with them
their family endures,
their posterity for their sake.

And for all time their progeny will endure,
their glory will never be blotted out;
Their bodies are peacefully laid away,
but their name lives on and on.
At gatherings their wisdom is retold,
and the assembly proclaims their praise.

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? How is the Lord calling our family to a deeper conversion? How can we make time to discuss these spiritual issues with each other?

Now will I praise those godly men,/,, whose virtues have not been forgotten. What good marriage advice did I receive from my family? What advice about the gift of their fertility, the meaning of human sexuality, and the usefulness of the virtue of chastity do I want to pass on to my children?

Through God's covenant with them their family endures,/ their posterity for their sake. How can I contribute to my family's legacy of faith? How can I share my faith with my spouse and children?

At gatherings their wisdom is retold,/ and the assembly proclaims their praise. How often do we gather with friends and family? How do we, as a family, share our love and time with the lonely, elderly, and disabled?

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

Closing Prayer:

The LORD swore to David
a firm promise from which he will not withdraw:
"Your own offspring
I will set upon your throne."

For the LORD has chosen Zion;
he prefers her for his dwelling.
"Zion is my resting place forever;
in her will I dwell, for I prefer her."

"In her will I make a horn to sprout forth for David;
I will place a lamp for my anointed.
His enemies I will clothe with shame,
but upon him my crown shall shine."

(From Psalm 132)

Living the Word This Week

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

Have a special family dinner, telling family stories and looking at photos. End the evening by praying for all of your family members, living and dead.

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