



## ***Lectio Divina* for July 22, 2025** **Feast of Saint Mary Magdalene**

*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.*

John 20:1-2, 11-18

2 Corinthians 5:14-17

Brothers and sisters: The love of Christ impels us, once we have come to the conviction that one died for all; therefore, all have died. He indeed died for all, so that those who live might no longer live for themselves but for him who for their sake died and was raised.

Consequently, from now on we regard no one according to the flesh; even if we once knew Christ

according to the flesh, yet now we know him so no longer. So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.

### **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 practices have taken me away from God's design for married love and the gift of life (e.g., contraceptive practice, use of pornography, etc.)? What resources (e.g., prayer, counsel, etc.) can help me avoid these practices?

*The love of Christ impels us.* Does my love for Christ spill over into my love for my spouse? How can love motivate me to be a better spouse and parent?

*He indeed died for all, so that those who live might no longer live for themselves.* How have my spouse and I sacrificed to make each other's life better? How can I share this love with others (for example, by considering foster care to help a child in need)?

*Whoever is in Christ is a new creation.* How does practicing a method of Natural Family Planning that requires periodic sexual abstinence—which can be sacrificial—strengthen my marriage? How can my relationship with Christ keep my marriage feeling new?

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

## Closing Prayer:

O God, you are my God whom I seek;  
for you my flesh pines and my soul thirsts  
like the earth, parched, lifeless and without water.

Thus have I gazed toward you in the sanctuary  
to see your power and your glory,  
For your kindness is a greater good than life;  
my lips shall glorify you.

Thus will I bless you while I live;  
lifting up my hands, I will call upon your name.  
As with the riches of a banquet shall my soul be  
satisfied,  
and with exultant lips my mouth shall praise you.

You are my help,  
and in the shadow of your wings I shout for joy.  
My soul clings fast to you;  
your right hand upholds me.

(From Psalm 63)

## Living the Word This Week

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

Plan a date night with your spouse and reminisce about the days when you love was new and recommit yourselves to a lifetime of self-giving love.

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.