

Lectio Divina



Lectio Divina for July 23, 2025

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.
Exodus 15:1-5, 9-15

The children of Israel set out from Elim, and came into the desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after their departure from the land of Egypt. Here in the desert the whole assembly of the children of Israel grumbled against Moses and Aaron. The children of Israel said to them, "Would that we had died at the LORD's hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!" Then the LORD said to

Moses, "I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. On the sixth day, however, when they prepare what they bring in, let it be twice as much as they gather on the other days." Then Moses said to Aaron, "Tell the whole congregation of the children of Israel: Present yourselves before the LORD, for he has heard your grumbling." When Aaron announced this to the whole assembly of the children of Israel, they turned toward the desert, and lo, the glory of the LORD appeared in the cloud! The LORD spoke to Moses and said, "I have heard the grumbling of the children of Israel. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the LORD, am your God." In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the children of Israel asked one another, "What is this?"

for they did not know what it was. But Moses told them, "This is the bread which the LORD has given you to eat."

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?

Pursue a lasting love ...
#NFP Week 2025



- 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.

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me? How have my spouse and I embraced God's plan for married love and the gift of life? How can practicing an ethical method of Natural Family Planning draw us closer to God?

Here in the desert the whole assembly of the children of Israel grumbled against Moses and Aaron. How often do I complain and express dissatisfaction about my married life? How can I nurture a spirit of hope, gratitude, and encouragement?

Thus will I test them, to see whether they follow my instructions or not. How do my spouse and I discern God's will for our marriage? How can we be docile to that will?

This is the bread which the LORD has given you to eat. What gifts has God given me? How do I share those gifts with people outside my family?

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

Closing Prayer:

They tempted God in their hearts
by demanding the food they craved.
Yes, they spoke against God, saying,
“Can God spread a table in the desert?”

Yet he commanded the skies above
and the doors of heaven he opened;
He rained manna upon them for food
and gave them heavenly bread.

Man ate the bread of angels,
food he sent them in abundance.
He stirred up the east wind in the heavens,
and by his power brought on the south wind.

(From Psalm 78)

Living the Word This Week

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

Learn more about God's plan for your marriage by reading *Married Love and the Gift of Life*:
<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf>

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