

Lectio Divina



Lectio Divina for July 20, 2025 Sixteenth Sunday 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.
Luke 10:38-42

Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving?"

Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

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 can I better live my vocation of marriage? How can my marriage make me a better disciple of Christ?

Jesus entered a village where a woman whose name was Martha welcomed him. How can we make our marriage more welcoming – to children, to those in need, and to those on the peripheries? How can I nurture a more generous and open spirit?

Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me. How fair is the distribution of chores and responsibilities in our family? How can I better serve my family, my parish, and my community?

There is need of only one thing. Mary has chosen the better part and it will not be taken from her. How can I make God more of a priority in my life? How do I discern what God wants when considering whether my spouse and I should have another child?

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

Closing Prayer:

One who walks blamelessly and does justice;
who thinks the truth in his heart
and slanders not with his tongue.

Who harms not his fellow man,
nor takes up a reproach against his neighbor;
by whom the reprobate is despised,
while he honors those who fear the LORD.

Who lends not his money at usury
and accepts no bribe against the innocent.
One who does these things
shall never be disturbed.

(From Psalm 15)

Living the Word This Week

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

If possible, keep this Sunday holy by avoiding all unnecessary work and spending the day relaxing as a family.

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