



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

Heavenly Father,
Send your Holy Spirit
to open our minds and hearts.
With your grace,
grant us understanding of Your
gifts of human sexuality, marriage,
children, and family
according to Your divine plan.
Grow in us the virtues of chastity,
prudence, temperance, justice,
and fortitude.
Deepen our faith, hope, and love
so that we can love You and
our families and neighbors
as You love us!

Amen.

Reading (*Lectio*)

*Read the following Scripture slowly, and if possible,
out loud, two or three times.
(Matthew 13:18–23)*

Jesus said to his disciples:
“Hear the parable of the sower.
The seed sown on the path is the one who hears the
word of the Kingdom
without understanding it,
and the Evil One comes and steals away
what was sown in his heart.
The seed sown on rocky ground
is the one who hears the word and receives it at once
with joy.
But he has no root and lasts only for a time.
When some tribulation or persecution comes because

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of the word,
he immediately falls away.
The seed sown among thorns is the one who hears the
word,
but then worldly anxiety and the lure of riches choke
the word
and it bears no fruit.
But the seed sown on rich soil
is the one who hears the word and understands it,
who indeed bears fruit and yields a hundred or sixty
or thirtyfold.”



Meditation (*Meditatio*)

*After the reading, call upon the Holy Spirit to help you
reflect in silence on one or more of the following
questions:*

- ❖ What word or phrase caught my attention?
- ❖ What did the word or phrase “say” to me?
- ❖ What comforted me?
- ❖ What challenged me?

*During this NFP Week where we celebrate God’s gifts of
married love and the gift of life and learn about the ethical
methods of Natural Family Planning, ask a few more
questions:*

- ❖ Do I live the virtue of chastity—even in
marriage (do I know what that means)?
- ❖ Have my spouse and I included the Lord God
in our discernment about when to attempt a
pregnancy?
- ❖ Do I understand why many reproductive
technologies are immoral (e.g. IVF)?

*NB: If you lack understanding, see the resources
below.*



Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

- ❖ What conversion of mind, heart, and life is the Lord asking of me?
- ❖ Is my heart open to the Lord's grace for ongoing conversion?

Now, sit in silence and let the Holy Spirit speak to you.



Prayer (*Oratio*)

Praise the Lord and bring your concerns and petitions to Him.

After your conversation with the Lord, pause and be still in His presence. . Allow yourself to love Him and receive His love.



Closing Prayer

Conclude your prayer with following reading taken from today's response (Jeremiah 31:10, 11–12abcd, 13):

Hear the word of the LORD, O nations,
proclaim it on distant isles, and say:
He who scattered Israel, now gathers them together,
he guards them as a shepherd his flock.

The LORD shall ransom Jacob,
he shall redeem him from the hand of his conqueror.
Shouting, they shall mount the heights of Zion,
they shall come streaming to the LORD's blessings:
The grain, the wine, and the oil,
the sheep and the oxen.

Then the virgins shall make merry and dance,
and young men and old as well.
I will turn their mourning into joy,
I will console and gladden them after their sorrows.

Amen.



Resources

Church teaching on love and human sexuality:

This webpage summarizes Catholic teaching
<https://www.usccb.org/topics/natural-family-planning/love-and-sexuality>

Humanae vitae: This papal document (encyclical) of the Catholic Church explains the nature of married love and the gift of life

https://www.vatican.va/content/paul-vi/en/encyclicals/documents/hf_p-vi_enc_25071968_humanae-vitae.html

Married Love and the Gift of Life: This document of the U.S. bishops summarizes Church teaching on marriage, procreation, and responsible parenthood. See

<https://www.usccb.org/resources/Married%20Love%20Final%20Text%20Nov06%20for%20Website%20-%20Copy.pdf>

Natural Family Planning (NFP): Where to learn about the ethical methods of NFP and to learn a method see <https://www.usccb.org/topics/natural-family-planning>