



**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 12:38–42)

Some of the scribes and Pharisees said to Jesus,
“Teacher, we wish to see a sign from you.”
He said to them in reply,
“An evil and unfaithful generation seeks a sign,
but no sign will be given it
except the sign of Jonah the prophet.
Just as Jonah was in the belly of the whale three days
and three nights,

***Lectio Divina* for Monday** **July 20, 2026**

so will the Son of Man be in the heart of the earth
three days and three nights.
At the judgment, the men of Nineveh will arise with
this generation
and condemn it, because they repented at the
preaching of Jonah;
and there is something greater than Jonah here.
At the judgment the queen of the south will arise with
this generation
and condemn it, because she came from the ends of
the earth to hear the wisdom of Solomon;
and there is something greater than Solomon here.”



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:*

- ❖ **Does my life conform to the Lord God’s truth
about the nature of human sexuality, marriage,
and children?**
- ❖ **Do I need to bring any of these insights to the
Sacrament of Reconciliation (*Confession*)?**



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 healing grace?**

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 psalm taken from today's readings (Psalm 50:5–6, 8–9, 16bc–17, 21, 23):

“Gather my faithful ones before me,
those who have made a covenant
with me by sacrifice.”
And the heavens proclaim his justice;
for God himself is the judge.

“Not for your sacrifices do I rebuke you,
for your burnt offerings
are before me always.
I take from your house no bullock,
no goats out of your fold.”

“Why do you recite my statutes,
and profess my covenant
with your mouth,
Though you hate discipline
and cast my words behind you?”

“When you do these things,
shall I be deaf to it?
Or do you think
that I am like yourself?
I will correct you by drawing
them up before your eyes.

He that offers praise as a sacrifice glorifies me;
and to him that goes the right way
I will show the salvation of God.”

*Lord God,
Pour out Your grace to enlighten our minds.*

*Send us Your Holy Spirit to make our hearts
soft to your touch.*

*Help us to accept the salvation you offer in your Son,
Jesus Christ our Lord!*

Lord help me to love like You!

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>



©USCCB, 2026, all rights reserved. This resource may be reproduced only in whole, electronically or in print, with the following statement: Used with permission, ©USCCB, 2026. NFP Week *Lectio Divina*. The Gospel and psalm prayer are taken from the daily reading in the *Lectionary for Mass for Use in the Dioceses of the United States*, second typical edition, Copyright ©2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine.