

Lectio Divina



Lectio Divina for February 7, 2026 Saturday of the Fourth Week in Ordinary Time National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 6:30-34

The Apostles gathered together with Jesus
and reported all they had done and taught.
He said to them, "Come away by yourselves to a
deserted place and rest a while." People were
coming and going in great numbers, and they had
no opportunity even to eat. So they went off in
the boat by themselves to a deserted place.

People saw them leaving and many came to know
about it. They hastened there on foot from all the
towns and arrived at the place before them.

When Jesus disembarked and saw the vast crowd,
his heart was moved with pity for them, for they
were like sheep without a shepherd; and he began
to teach them many things.

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.*



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Come away by yourselves to a deserted place and rest a while. How can I prioritize restful time with my spouse? How can we build prayer, relaxation, and fun into our family life?

People were coming and going in great numbers, and they had no opportunity even to eat. What activities or distractions crowd our daily schedules? What tasks or experiences are we failing to give the appropriate priority?

His heart was moved with pity for them, for they were like sheep without a shepherd. Who is in need of my compassion? When have I felt alone and without a shepherd?

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

Closing Prayer

How shall a young man be faultless in his way?
By keeping to your words.

With all my heart I seek you;
let me not stray from your commands.

Within my heart I treasure your promise,
that I may not sin against you.

Blessed are you, O LORD;
teach me your statutes.

With my lips I declare
all the ordinances of your mouth.

In the way of your decrees I rejoice,
as much as in all riches.

(From Psalm 119)

Living the Word This Week

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

Do a serious review of your family's weekly schedule to make sure that it accurately reflects your priorities.

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Lectio Divina



Lectio Divina for February 8, 2026 Fifth Sunday in Ordinary Time National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Isaiah 58:7-10

Thus says the LORD:
Share your bread with the hungry,
shelter the oppressed and the homeless;
clothe the naked when you see them,
and do not turn your back on your own.
Then your light shall break forth like the dawn,
and your wound shall quickly be healed;

your vindication shall go before you,
and the glory of the LORD shall be your rear guard.
Then you shall call, and the LORD will answer,
you shall cry for help, and he will say: Here I am!
If you remove from your midst
oppression, false accusation and malicious speech;
if you bestow your bread on the hungry
and satisfy the afflicted;
then light shall rise for you in the darkness,
and the gloom shall become for you like midday.

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Do not turn your back on your own. Who do I consider to be “my own”? When have I turned my back on those in need?

If you remove from your midst ... malicious speech. When have I hurt my spouse with careless or harsh speech? How can I be more kind and supportive in my speech?

Then light shall rise for you in the darkness. What parts of my life are in darkness? What brings light and life into our marriage?

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

Closing Prayer

Light shines through the darkness for the upright;
he is gracious and merciful and just.
Well for the man who is gracious and lends,
who conducts his affairs with justice.

He shall never be moved;
the just one shall be in everlasting remembrance.
An evil report he shall not fear;
his heart is firm, trusting in the LORD.

His heart is steadfast; he shall not fear.
Lavishly he gives to the poor;
His justice shall endure forever;
his horn shall be exalted in glory.

(From Psalm 112)

Living the Word This Week

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

Write your spouse a letter (or record a video) expressing your love. Plan a special meal together to share these messages.

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Lectio Divina



Lectio Divina for February 9, 2026 **Monday of the Fifth Week in Ordinary Time** **National Marriage Week**

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 6:53-56

After making the crossing to the other side of the sea, Jesus and his disciples came to land at Gennesaret and tied up there. As they were leaving the boat, people immediately recognized him. They scurried about the surrounding country and began to bring in the sick on mats to wherever they heard he was.

Whatever villages or towns or countryside he entered, they laid the sick in the marketplaces and begged him that they might touch only the tassel on his cloak; and as many as touched it were healed.

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

People immediately recognized him. Where do I recognize the presence of Jesus? How is Jesus present in our marriage?

They scurried about the surrounding country and began to bring in the sick on mats to wherever they heard he was. How do I help other people encounter Jesus? How can our marriage be a witness to Jesus?

As many as touched it were healed. What wounds in my life and my marriage need to be healed? What resources does the Church offer to heal these wounds?

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

Closing Prayer

Behold, we heard of it in Ephrathah;
we found it in the fields of Jaar.
Let us enter into his dwelling,
let us worship at his footstool.

Advance, O LORD, to your resting place,
you and the ark of your majesty.
May your priests be clothed with justice;
let your faithful ones shout merrily for joy.
For the sake of David your servant,
reject not the plea of your anointed.

(From Psalm 132)

Living the Word This Week

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

Schedule time to pray as a couple, preferably before Christ present in the Blessed Sacrament.

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Lectio Divina



Lectio Divina for February 10, 2026 Memorial of St. Scholastica National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.

1 Kings 8:22-23, 27-30

Solomon stood before the altar of the LORD in the presence of the whole community of Israel, and stretching forth his hands toward heaven, he said, "LORD, God of Israel, there is no God like you in heaven above or on earth below; you keep your covenant of mercy with your servants who are faithful to you with their whole heart.

"Can it indeed be that God dwells on earth? If the heavens and the highest heavens cannot contain you, how much less this temple which I have built! Look kindly on the prayer and petition of your servant, O LORD, my God, and listen to the

cry of supplication which I, your servant, utter before you this day. May your eyes watch night and day over this temple, the place where you have decreed you shall be honored; may you heed the prayer which I, your servant, offer in this place. Listen to the petitions of your servant and of your people Israel which they offer in this place. Listen from your heavenly dwelling and grant pardon."

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

You keep your covenant of mercy with your servants who are faithful to you with their whole heart. When have I experienced God's mercy? How can we keep God at the heart of our marriage?

Look kindly on the prayer and petition of your servant, O LORD, my God, and listen to the cry of supplication which I, your servant, utter before you this day. For what do I need to ask God? What petitions shall we bring to God to strengthen our marriage?

Listen from your heavenly dwelling and grant pardon. For what do I need to ask my spouse's forgiveness? For what do I need to forgive my spouse?

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

Closing Prayer

My soul yearns and pines
for the courts of the LORD.
My heart and my flesh
cry out for the living God.

Even the sparrow finds a home,
and the swallow a nest
in which she puts her young—
Your altars, O LORD of hosts,
my king and my God!

Blessed they who dwell in your house!
continually they praise you.
O God, behold our shield,
and look upon the face of your anointed.

I had rather one day in your courts
than a thousand elsewhere;
I had rather lie at the threshold of
the house of my God
than dwell in the tents of the wicked.
(From Psalm 84)

Living the Word This Week

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

Make a good examination of conscience and celebrate God's gift of mercy in the Sacrament of Penance.

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Lectio Divina



Lectio Divina for February 11, 2026 Wednesday of the Fifth Week in Ordinary Time National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 7:14-23

Jesus summoned the crowd again and said to them,
“Hear me, all of you, and understand. Nothing that
enters one from outside can defile that person; but
the things that come out from within are what
defile.”

When he got home away from the crowd his
disciples questioned him about the parable. He said
to them, “Are even you likewise without
understanding?”

Do you not realize that everything that goes into a
person from outside cannot defile, since it enters not
the heart but the stomach and passes out into the
latrine?” (Thus he declared all foods clean.)

“But what comes out of the man, that is what defiles
him. From within the man, from his heart, come evil
thoughts, unchastity, theft, murder, adultery, greed,
malice, deceit, licentiousness, envy, blasphemy,
arrogance, folly. All these evils come from within
and they defile.”

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.*



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

When he got home away from the crowd his disciples questioned him about the parable. What questions do I have about my faith? From what reliable resources can I seek answers?

Are even you likewise without understanding? How can I increase my understanding of God's will? How can I be more docile to God's will for me in my marriage?

All these evils come from within and they defile. What sins do I need to purge from my life? What temptations and near occasions of sin draw me away from God's path?

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

Closing Prayer

Commit to the LORD your way;
trust in him, and he will act.
He will make justice dawn for you like the light;
bright as the noonday shall be your vindication.

The mouth of the just man tells of wisdom
and his tongue utters what is right.
The law of his God is in his heart,
and his steps do not falter.

The salvation of the just is from the LORD;
he is their refuge in time of distress.
And the LORD helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.

(From Psalm 37)

Living the Word This Week

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

Make plans to attend a faith formation class offered by your parish or diocese or read a good spiritual book together.

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Lectio Divina



Lectio Divina for February 12, 2026 Thursday of the Fifth Week in Ordinary Time National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 7:24-30

Jesus went to the district of Tyre. He entered a house and wanted no one to know about it, but he could not escape notice. Soon a woman whose daughter had an unclean spirit heard about him. She came and fell at his feet. The woman was a Greek, a Syrophenician by birth, and she begged him to drive the demon out of her daughter.

He said to her, "Let the children be fed first. For it is not right to take the food of the children and throw it to the dogs." She replied and said to him, "Lord, even the dogs under the table eat the children's scraps." Then he said to her, "For saying this, you may go. The demon has gone out of your daughter." When the woman went home, she found the child lying in bed and the demon gone.

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

He entered a house and wanted no one to know about it, but he could not escape notice. When have I failed to recognize God's presence and action in my life? When have I felt God's closeness most profoundly?

She came and fell at his feet. How do I show respect and awe for God's majesty? How can I seek to grow in the virtue of humility?

Then he said to her, "For saying this, you may go. The demon has gone out of your daughter." When has God answered my prayer? How do I respond when God does not answer my prayer as I wish?

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

Closing Prayer

Blessed are they who observe what is right,
who do always what is just.
Remember us, O LORD, as you favor your people;
visit us with your saving help.

But they mingled with the nations
and learned their works.
They served their idols,
which became a snare for them.

They sacrificed their sons
and their daughters to demons.
And the LORD grew angry with his people,
and abhorred his inheritance.

(From Psalm 106)

Living the Word This Week

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

At the end of the day, prayerfully examine the events of the day together and consider how God was present in your day and how you responded. Ask forgiveness for the times you failed to recognize God, thank God for his presence, and ask for the grace to do better tomorrow.

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Lectio Divina



Lectio Divina for February 13, 2026 Friday of the Fifth Week in Ordinary Time National Marriage Week

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.
Mark 7:31-37

Jesus left the district of Tyre and went by way of Sidon to the Sea of Galilee, into the district of the Decapolis. And people brought to him a deaf man who had a speech impediment and begged him to lay his hand on him. He took him off by himself away from the crowd. He put his finger into the man's ears and, spitting, touched his tongue;

then he looked up to heaven and groaned, and said to him, "*Ephphatha!*" (that is, "Be opened!") And immediately the man's ears were opened, his speech impediment was removed, and he spoke plainly. He ordered them not to tell anyone. But the more he ordered them not to, the more they proclaimed it. They were exceedingly astonished and they said, "He has done all things well. He makes the deaf hear and the mute speak."

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

"Ephphatha!" (that is, "Be opened!") How can I be more open to where God is leading me in my marriage? How can I share my authentic self more fully with my spouse?

But the more he ordered them not to, the more they proclaimed it. When was the last time I shared my faith with someone? With whom is God calling me to share my faith?

He has done all things well. What good things has God done in my life? What good things is God doing in my marriage?

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

Closing Prayer

"There shall be no strange god among you
nor shall you worship any alien god.
I, the LORD, am your God
who led you forth from the land of Egypt."

"My people heard not my voice,
and Israel obeyed me not;
So I gave them up to the hardness of their hearts;
they walked according to their own counsels."

"If only my people would hear me,
and Israel walk in my ways,
Quickly would I humble their enemies;
against their foes I would turn my hand."

(From Psalm 81)

Living the Word This Week

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

Share the good things that God has done in your lives and in your marriage and say a prayer of thanksgiving.

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Lectio Divina



Lectio Divina for February 14, 2026 **Memorial of Sts. Cyril and Methodius** **National Marriage Week**

We begin our prayer:

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

O God, Creator of all things,
who in the beginning made man and woman
that they might form the marriage bond,
bless and strengthen the union of your servants,
that they may show forth an ever more perfect image
of the union of Christ with his Church.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.

(Collect, On Anniversaries of Marriage)

Reading (*Lectio*)

Read the following Scripture two or three times.

Mark 8:1-10

In those days when there again was a great crowd without anything to eat, Jesus summoned the disciples and said, "My heart is moved with pity for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will collapse on the way, and some of them have come a great distance." His disciples answered him, "Where can anyone get enough bread to satisfy them here in this deserted place?"

Still he asked them, "How many loaves do you have?" They replied, "Seven." He ordered the crowd to sit down on the ground. Then, taking the seven loaves he gave thanks, broke them, and gave them to his disciples to distribute, and they distributed them to the crowd. They also had a few fish. He said the blessing over them and ordered them distributed also. They ate and were satisfied. They picked up the fragments left over—seven baskets. There were about four thousand people.

He dismissed the crowd and got into the boat with his disciples and came to the region of Dalmanutha.

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.



CATHOLIC.BIBLE

Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

My heart is moved with pity for the crowd, because they have been with me now for three days and have nothing to eat. What needs are present in your community? How opportunities to offer practical assistance to meet those needs are available?

Where can anyone get enough bread to satisfy them here in this deserted place? What spiritual, emotional, or practical needs am I experiencing? What can satisfy those needs?

Then, taking the seven loaves he gave thanks, broke them, and gave them to his disciples to distribute, and they distributed them to the crowd. What gifts of time, treasure, or talent do we have to share? How can our actions show our gratitude to God for these gifts?

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

Closing Prayer

We have sinned, we and our fathers;
we have committed crimes; we have done wrong.
Our fathers in Egypt
considered not your wonders.

They made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock.

They forgot the God who had saved them,
who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

(From Psalm 106)

Living the Word This Week

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

As a couple or family, participate in a service projects that assists those who are in need.

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