



Lectio Divina for the First Week of Lent

We begin our prayer:

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

Turn our hearts to you, eternal Father, and grant that, seeking always the one thing necessary

and carrying out works of charity, we may be dedicated to your worship. 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, Saturday of the First Week of Lent)

Reading (Lectio)

Read the following Scripture two or three times.
Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written:

*One does not live on bread alone,
but on every word that comes forth
from the mouth of God."*

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written:

He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone."

Jesus answered him, "Again it is written,
You shall not put the Lord, your God, to the test."

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written:

The Lord, your God, shall you worship and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

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.



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Contemplation (*Contemplatio*)

Read the Scripture again, followed by this reflection:

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

He fasted for forty days and forty nights, and afterwards he was hungry. For what do I hunger? How does God satisfy the hungers of my heart?

One does not live on bread alone,/ but on every word that comes forth/ from the mouth of God. How often do I read and reflect on the word of God? How can I listen to God's word more attentively?

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence. What worldly things distract me from God? How can I minimize these distractions?

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

Closing Prayer

Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.

Thoroughly wash me from my guilt
and of my sin cleanse me.

For I acknowledge my offense,
and my sin is before me always:
“Against you only have I sinned,
and done what is evil in your sight.”

A clean heart create for me, O God,
and a steadfast spirit renew within me.
Cast me not out from your presence,
and your Holy Spirit take not from me.

Give me back the joy of your salvation,
and a willing spirit sustain in me.
O Lord, open my lips,
and my mouth shall proclaim your praise.

(From Psalm 51)

Living the Word This Week

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

Try to attend Mass one weekday, listening to God's word attentively and receiving the Eucharist devoutly.

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