

Lectio Divina

Lent is a time to renew our love and appreciation of Sacred Scripture. Prayerfully reading a short passage from the Bible each day allows us to be fed by God speaking to us in His Word, for "one does not live by bread alone, but by every word that comes forth from the mouth of God (*Matt 4:4b*)."

Pope Francis, in *Misericordiae Vultus* #13 writes, "In order to be capable of mercy, therefore, we must first of all dispose ourselves to listen to the Word of God. This means rediscovering the value of silence in order to meditate on the Word that comes to us. In this way, it will be possible to contemplate God's mercy and adopt it as our lifestyle."

Suggested Format

1. *Praeparatio*: Sit quietly and gather your thoughts. Carefully make the Sign of the Cross and call upon the Holy Spirit to inspire your prayer and to guide you.
2. *Lectio*: Slowly read a passage from the Sacred Scriptures. Pay attention to each word. Reread the passage and pause on any words or phrases that touch your mind and heart.
3. *Meditatio*: Quietly meditate on the passage. Use your imagination to listen prayerfully to the Lord's message for you. If possible, insert yourself into the scene and envision with your mind the setting and circumstance.
4. *Contemplatio*: Allow your mind to rest and listen carefully to the Lord speaking. Let your heart reflect on the words spoken to you.
5. *Oratio*: Respond to the Lord in your own words with prayer. Inspired by your meditation and contemplation, turn to the Lord. This may be a prayer of petition or praise, of thanksgiving or contrition.

Daily Readings

ASH WEDNESDAY WEEK

February 10 Mt 6:1-6,16-18
February 11 1 Peter 5:1-4
February 12 Is 58:1-9a
February 13 Ps 86:1-6

FIRST WEEK OF LENT

February 14 Lk 4:1-13
February 15 Mt 25:31-46
February 16 Is 55:10-11
February 17 Ps 51
February 18 Mt 7:7-12
February 19 Mt 5:20-26
February 20 Mt 5:43-48

SECOND WEEK OF LENT

February 21 Lk 9:28-36
February 22 Lk 6:36-38
February 23 Is 1:10, 16-20
February 24 Mt 20:17-28
February 25 Jer 17:5-10
February 26 Gen 37:3-28
February 27 Ps 103:1-4, 9-12

THIRD WEEK OF LENT

February 28 John 4:5-42
February 29 Lk 4:24-30
March 1 Lk 1:26-38
March 2 Mt 5:17-19
March 3 Jer 7:23-28
March 4 Mk 12:28-34
March 5 Lk 5:1-11

FOURTH WEEK OF LENT

March 6 John 9:1-41
March 7 Jn 4:43-54
March 8 Ez 47:1-9, 12
March 9 Is 49:8-15
March 10 Jn 5:31-47
March 11 Ps 34:17-21,23
March 12 Jer 11:18-20

FIFTH WEEK OF LENT

March 13 Jn 11:1-45
March 14 Jn 8:1-11
March 15 Jn 8:21-30
March 16 Jn 8:31-42
March 17 Gn 17:3-9
March 18 Ps 18:2-7
March 19 Ez 37:21-28

HOLY WEEK

March 20 Mk 14:1-15:47
March 21 Is 42:1-7
March 22 Jn 13:21-33,36-38
March 23 Mt 26:14-25
March 24 Jn 13:1-15
March 25 Jn 18:1-19:42

An Examination of Conscience

Considering the Spiritual and Corporal Works of Mercy is a beautiful way to examine our lives. Pope Francis, in the papal bull calling forth this Jubilee Year of Mercy, has written, "It is my burning desire that, during this Jubilee, the Christian people may reflect on the corporal and spiritual works of mercy." We remember also the words of Saint John of the Cross, "In the evening of life, we will be judged by love alone." The works of mercy form a foundation for the Christian life and our sincere reflection will lead us to see not only the sins we may have committed but also those sins of omission in our lives, when we have failed to love generously and to seize those opportunities to do good in our daily lives.

The Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the sorrowful.
5. Bear wrongs patiently.
6. Forgive all injuries.
7. Pray for the living and the dead.

The Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

An Act of Contrition

Father of mercy, like the prodigal son I return to you and say:
"I have sinned against you and am no longer worthy to be called your child."

Christ Jesus, Savior of the world,
I pray with the repentant thief
to whom you promised paradise:
"Lord, remember me in your kingdom."

Holy Spirit, fountain of love,
I call on you with trust:
"Purify my heart, and help me to walk
as a child of the light."