

Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

“What page, what passage of the inspired books of the Old and New Testaments is not the truest of guides for human life?” ~Saint Benedict, from the *Rule of Saint Benedict* (73:3)

The month of May is dedicated to the Blessed Virgin Mary.

"For man cannot attain that true happiness for which he yearns with all the strength of his spirit, unless he keeps the laws which the Most High God has engraved in his very nature." +POPE SAINT PAUL VI

**Monday, May 26 ~ Sixth Week in the Season of Easter
Memorial Day**

Holy Gospel: John 15:26-16:4a Jesus said to his disciples: "When the Advocate comes whom I will send you from the Father, the Spirit of truth who proceeds from the Father, he will testify to me. And you also testify, because you have been with me from the beginning. "I have told you this so that you may not fall away. They will expel you from the synagogues; in fact, the hour is coming when everyone who kills you will think he is offering worship to God. They will do this because they have not known either the Father or me. I have told you this so that when their hour comes you may remember that I told you."

Meditation: What does Jesus tell us about the Holy Spirit? First, the Holy Spirit is inseparably one with the Father and the Son. It is the Holy Spirit who gives life – the very life of God – and who kindles faith in hearts receptive to God's word. The Spirit makes it possible for us to know God personally. He gives us experiential knowledge of God as our Father. The Spirit witnesses to our spirit that the Father has indeed sent his Son into the world to redeem it and has raised his Son Jesus from the dead and has seated him at his right hand in glory and power. The Holy Spirit reveals to us the knowledge, wisdom and plan of God for the ages and the Spirit enables us to see with the "eyes of faith" what the Father and the Son are doing. Through the gift and working of the Holy Spirit we become witnesses to the great work of God in Christ Jesus. Jesus warned his disciples that they could expect persecution just as Jesus was opposed and treated with hostility. We have been given the Holy Spirit to help us live as disciples of Jesus Christ. The Spirit gives us courage and perseverance when we meet adversities and challenges. Do you pray for the Holy Spirit to strengthen you in faith, hope and love and to give you courage and perseverance?

Memorial Day Prayer: God of power and mercy, you destroy war and put down earthly pride. Banish violence from our midst and wipe away our tears, that we may all deserve to be called your sons and daughters. Keep in your mercy those men and women who have died in the cause of freedom and bring them safely into your kingdom of justice and peace. We pray this through Jesus Christ our Lord. Amen.

Prayer for the Fallen: As our nation pauses today to remember those in the military who have given their lives for freedoms we enjoy, we pray you would have us all look to you for strength, comfort and guidance. Be with all who serve in our Armed Forces. Bless them and their families. Grant your loving protection. Let peace prevail among all the nations, O God. Especially let your mercy rest upon our land, even as we acknowledge with thanksgiving your past goodness on this country. If it is your will, preserve the lives of the men and women in uniform as they defend our citizenry. Most of all, we pray that you would turn the hearts of all – military and civilian – to your holy Word where we find the true peace for our sinful souls that surpasses all understanding. Keep us repentant of sin. Move us to know, take hold and treasure your saving grace. In this peace and hope for eternity, we pray. Amen.

Contemplation: Have you ever given any thought as to where you turn for help and support when you most need it? True friendship is strengthened in adversity. Jesus offers his disciples the best and truest of friends. Who is this promised friend? Jesus calls the Holy Spirit our *Counselor* and *Advocate* (also translated *Paraclete* or *Helper*). Counselor is a legal term for the one who will defend someone against an adversary and who guides that person during the ordeal of trial. The Holy Spirit is our Advocate and Helper who brings us safely through the challenges and adversities we must face in this life. As Jesus

approaches the hour he was to be glorified – through his death on the cross and his resurrection – he revealed more fully to his disciples the person and role of the Holy Spirit.

Memorial Day: A Lesson in Service and Sacrifice (by Tom McGrath, Loyola Press): What we remember—and honor—on Memorial Day is heroic sacrifice. We acknowledge those who nobly gave of themselves, even unto death, for a purpose they believed was greater than themselves. Since the days just following the end of the Civil War, Americans have gathered in late May to honor those who died in military service to their country. In the spirit of the day, we can also recall, honor, and pray for all those we know who have lived lives of service and sacrifice for the good of others.

One definition of *sacrifice* is “the destruction or surrender of something for the sake of something else.” Though suffering is always a part of sacrifice to some extent, seeking suffering for its own sake is *not* sacrifice. Sacrifice implies giving up one good for a higher good. For example, a child gives up a day of play to visit an ailing grandparent, or a parent sacrifices watching a favorite television program to help a child who is struggling with homework. Life in the family is full of opportunities for service and sacrifice.

What counts in this definition is the phrase “for the sake of something else.” Is that “something else” worthy of the sacrifice we make? True sacrifice is always at the service of life. We learn this from Jesus, who made the ultimate sacrifice and remained faithful through his Passion, death, and Resurrection. Jesus’ greater purpose for this sacrifice was our well-being—that we might have life and have it abundantly.

This Memorial Day, as we remember all who have served and sacrificed on our behalf, let us not forget what Jesus was willing to give up for us—and the lessons we can learn from that perfect example of sacrifice.

Tuesday, May 27 ~ Sixth Week in the Season of Easter

Optional Memorial: Saint Augustine of Canterbury

Holy Gospel: John 16:5-11 Jesus said to his disciples: “Now I am going to the one who sent me, and not one of you asks me, ‘Where are you going?’ But because I told you this, grief has filled your hearts. But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you. And when he comes he will convict the world in regard to sin and righteousness and condemnation: sin, because they do not believe in me; righteousness, because I am going to the Father and you will no longer see me; condemnation, because the ruler of this world has been condemned.”

Meditation: Have you ever felt like God is far from you at times? Separation and loss of relationship often lead to grief and pain. The apostles were filled with sorrow when Jesus spoke about his imminent departure. Jesus explained that it was for their sake that he must leave them and return to his Father. He promised, however, that they would never be left alone. He will send in his place the best of friends, the Holy Spirit. Paul reminds us that “nothing can separate us from the love of God in Christ Jesus” (Romans 8:39). By sending the Holy Spirit to his followers, the Lord Jesus makes his presence known to us in a new and on-going way. We are not left as orphans, but the Lord himself dwells within us through the power of the Holy Spirit (2 Corinthians 4:9; 6:16b). Jesus tells his disciples three very important things about the work of the Holy Spirit – to convince the world of sin and of righteousness and of judgment. The original word for convince also means convict. The Holy Spirit is our Sanctifier. He makes us holy as God is holy. He does this first by convicting us of our sin and by bringing us humbly to the foot of the Cross. The Spirit convinces us of God's love and forgiveness and of our utter dependence on God for his mercy and grace. We need the power of the Holy Spirit to lead us from the error of our sinful ways and to show us the way of love and truth.

Prayer: Grant, almighty and merciful God, that we may in truth receive a share in the Resurrection of Christ your Son. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Prayer ~ Saint Augustine of Canterbury: O God, who by the preaching of the Bishop Saint Augustine of Canterbury led the English peoples to the Gospel, grant, we pray, that the fruits of his labors may remain ever abundant in your 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. Amen.

Contemplation: The Jews who condemned Jesus as a heretic and blasphemer thought they were serving God rather than sinning when they crucified Jesus. When the gospel was later preached on the day of Pentecost (Acts 2:37), many were pricked in their heart and convicted of their sin. What made them change their mind about Jesus? It is the work of the Holy Spirit to both convict us of wrongdoing and to

convince us of God's truth. The Spirit convinces us of the righteousness of Christ, backed by the fact that Jesus rose again and went to his Father. The Holy Spirit also convicts us of judgment. The Spirit gives us the inner and unshakable conviction that we shall all stand before the judgment seat of God. God's judgments are just and good. When we heed his judgments we find true peace, joy and reconciliation with God. Do you allow the Holy Spirit free reign in your life that he may set you free from the grip of sin and set you ablaze with the fire of God's love?

Wednesday, May 28 ~ Sixth Week in the Season of Easter

Holy Gospel: John 16:12-15 Jesus said to his disciples: "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason I told you that he will take from what is mine and declare it to you."

Meditation: Jesus told his disciples that he would send them the Spirit of truth who will guide you into all the truth...and declare to you the things that are to come (John 16:13). Through the gift and working of the Holy Spirit poured out on the new community of faith on the day of Pentecost, we too are able to profess the same creed which the apostles proclaimed – that Jesus died, and was buried, and rose again on the third day, and will come again to judge, raise the dead, and give everlasting life (the Apostles Creed). We not only have the same faith given to the apostles and early believers, but we have the same Spirit in us who raised Jesus from the dead. The Lord Jesus gives each of us his Holy Spirit as our divine Teacher and Helper that we may grow in the knowledge and wisdom of God. Do you listen attentively to God's word and allow his Holy Spirit to give you understanding of God's truth and will for your life?

Prayer: Grant, we pray, O Lord, that, as we celebrate in mystery the solemnities of your Son's Resurrection, so, too, we may be worthy to rejoice at his coming with all the Saints. 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. Amen.

Contemplation: What we would all give to know all truths! Truth, however, is not something we create nor is it our discovery. It is the gift of God who is the possessor and the giver of all truth. Jesus tells his disciples that it is the role of the Holy Spirit to reveal what is true. How can this be? Skeptics of truth don't want to believe in an absolute Truth. If truth is objective then it must be submitted to as authoritative. Some fear the truth because they think it will inhibit their freedom to act and think as they wish. Jesus told his disciples that the truth will set you free (John 8:32). The truth liberates us from doubts, illusions, and fears. Since God is the source of all truth, then the closer we draw to him and listen to his word, the more we grow in the knowledge of him and of his great love and wisdom for us.

Thursday, May 29 ~ Sixth Week in the Season of Easter

Optional Memorial: Pope Saint Paul VI

Holy Gospel: John 16:16-20 Jesus said to his disciples: "A little while and you will no longer see me, and again a little while later and you will see me." So some of his disciples said to one another, "What does this mean that he is saying to us, 'A little while and you will not see me, and again a little while and you will see me,' and 'Because I am going to the Father'?" So they said, "What is this 'little while' of which he speaks? We do not know what he means." Jesus knew that they wanted to ask him, so he said to them, "Are you discussing with one another what I said, 'A little while and you will not see me, and again a little while and you will see me'? Amen, amen, I say to you, you will weep and mourn, while the world rejoices; you will grieve, but your grief will become joy."

Meditation: The world says take your joy now in whatever pleasures you can get from this present life. Jesus points to an "other-worldly" joy which transcends anything this world can offer. Jesus contrasts present sorrows with future joy. A woman in labor suffers the birth-pangs first, but then forgets her sorrow as soon as her new-born child comes to birth. We cannot avoid pain and sorrow if we wish to follow Jesus to the cross. But in the cross of Christ we find freedom, victory, and joy. Thomas Aquinas said: "No one can live without joy. That is why a man or woman deprived of spiritual joy will turn to carnal pleasures." Do you know the joy of the Lord?

Prayer: O God, who made your people partakers in your redemption, grant, we pray, that we may perpetually render thanks for the Resurrection of the Lord. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Prayer ~ Pope Saint Paul VI: O God, who entrusted the governance of your Church to Pope Saint Paul the Sixth, a steadfast apostle of the Gospel of your Son, grant, we pray, that enlightened by his teachings, we may work together with you to spread the culture of love throughout the world. 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.

Prayer of Pope Saint Paul VI: Make us worthy, Lord, to serve our fellow-men throughout the world who live and die in poverty and hunger. Give them through our hands, this day their daily bread, and by our understanding love, give peace and joy. Father of Mercy, forgive my failings, keep me in Your Grace, and lead me in the way of salvation. Give me strength in serving You as a follower of Christ. May the Eucharist bring me Your Forgiveness and give me freedom to serve You all my life. May it help me to remain faithful and give me the grace I need in Your service. May it teach me the way to eternal life. Amen.

Novena to Pope Saint Paul VI: <https://www.praymorenovenas.com/pope-st-paul-vi-novena>

Contemplation: How do “weeping” and “rejoicing” go together? Jesus contrasts present sorrows with the future glory to be revealed to those who put their hope in God. For the people of Israel time was divided into two ages – the present age and the age to come. The prophets foretold the coming of the Messiah as the dawn of a new age. Jesus tells his disciples two important truths. First, he must leave them to return to his Father and second, he will surely come again at the end of time to usher in the new age of God's kingdom. Jesus' orientation for the time between his first coming and his return in glory at the end of the world is a reversal of the world's fortunes. Do you find yourself weeping and rejoicing in the Lord?

Friday, May 30 ~ Sixth Week in the Season of Easter

Holy Gospel: John 16:20-23 Jesus said to his disciples: “Amen, amen, I say to you, you will weep and mourn, while the world rejoices; you will grieve, but your grief will become joy. When a woman is in labor, she is in anguish because her hour has arrived; but when she has given birth to a child, she no longer remembers the pain because of her joy that a child has been born into the world. So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you. On that day you will not question me about anything. Amen, amen, I say to you, whatever you ask the Father in my name he will give you.”

Meditation: Why does Jesus tell his disciples to weep and mourn? Jesus was neither a pessimist nor a masochist, and he was certainly more than a realist! The way to happiness and joy in the kingdom of God is through the cross. Sin must be brought to the cross of Jesus Christ and evil can only be completely mastered by the power of God's redeeming love. Jesus told his disciples that it was more blessed to mourn for sin because it would yield the fruit of peace, joy, and righteousness. Jesus knew that the cross would be a stumbling block for those who refused to believe in him. The cross for Jesus was not defeat but victory – victory over sin, over the forces of evil in the world, and over Satan, the arch-enemy of God, humankind, and all that is right and good and true.

Prayer: Hear our prayers, O Lord, so that what was promised by the sanctifying power of your Word may everywhere be accomplished through the working of the Gospel and that all your adopted children may attain what the testimony of truth has foretold. 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. Amen.

Contemplation: We must remember that through his death on the cross, Jesus won for us new life and freedom over the power of sin, despair, and death. The Easter victory of Jesus teaches us courage in the face of suffering and death. In the resurrection of Christ our fears are laid to rest. His resurrection is total, final triumph, and for us peace and joy at the end. We will have troubles in the present reality. Through the eyes of faith, we know the final outcome – complete victory over sin, suffering, and death in Jesus Christ. That is why we can pray confidently now, knowing that the Father will give us everything we need to live as his children and as disciples of our Lord Jesus Christ. Do you know the Easter joy of Christ's victory over sin and death?

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops; prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; Daily meditations and contemplations adapted from the Irish Jesuits' *Sacred Space* web page and *Biblical Medications for Easter* by Rev. Carroll Stuhlmuehler, C.P.; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.