

# Lectio Divina

SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

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“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)

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*Jubilee Year 2025: Pilgrims of Hope  
The Month of March is dedicated to Saint Joseph*

***“What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.” +SAINT AUGUSTINE***

## **Monday, March 24 ~ Third Week in the Season of Lent**

**Holy Gospel: Luke 4:24-30** Jesus said to the people in the synagogue at Nazareth: “Amen, I say to you, no prophet is accepted in his own native place. Indeed, I tell you, there were many widows in Israel in the days of Elijah when the sky was closed for three and a half years and a severe famine spread over the entire land. It was to none of these that Elijah was sent, but only to a widow in Zarephath in the land of Sidon. Again, there were many lepers in Israel during the time of Elisha the prophet; yet not one of them was cleansed, but only Naaman the Syrian.” When the people in the synagogue heard this, they were all filled with fury. They rose up, drove him out of the town, and led him to the brow of the hill on which their town had been built, to hurl him down headlong. But he passed through the midst of them and went away.

**Meditation:** When Jesus spoke in his hometown synagogue he startled his listeners with a seeming rebuke that no prophet or servant of God can receive honor among his own people. He then angered them when he complimented the gentiles who seemed to have shown more faith in God than the “chosen ones” of Israel. They regarded gentiles as “fuel for the fires of hell.” Jesus' praise for “outsiders” caused them offence because they were blind-sighted to God's mercy and plan of redemption for all nations. The word of warning and judgment spoken by Jesus was met with hostility by his own people. They forcibly threw him out of the city and would have done him harm had he not stopped them. The Lord offers us freedom and pardon and the grace to walk in his way of truth and righteousness. His discipline is for our good that we may share his holiness (Hebrews 12:10). “Whoever loves discipline loves knowledge, but whoever hates reproof is stupid” (Proverbs 12:1). Do you seek the Lord for instruction and help so you can grow in holiness and grace, and become a stronger disciple of Christ?

**Prayer:** May your unfailing compassion, O Lord, cleanse and protect your Church, and since without you she cannot stand secure, may she be always governed by your grace. 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 limits God's grace and power in our lives to undergo change and transformation of mind and heart? Indifference and lack of faith for sure! The prophets confronted God's people with their indifference and unbelief. God's grace and mercy is offered freely to those who seek it with sincerity, repentance, and faith. When Naaman, a non-Jew went to Jerusalem to seek a cure, the prophet Elisha instructed him to bathe in the river. In faith he obeyed and was healed. Jesus did not hesitate to confront his own people with their indifference and unbelief. Have you looked at where your faith life is? Are you indifferent? Are you lukewarm about your faith, and how you live out your faith? If so, it's time to set your faith on fire. But you need first to rid yourself of those things which hold you back – whatever they may be. Pray that you will rid yourself of these barriers. Then free from those things which hold you back may your faith life flourish and bear much fruit.

## **Tuesday, March 25 ~ Third Week in the Season of Lent Solemnity of the Annunciation of the Lord**

**Holy Gospel: Luke 1:26-38** The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, “Hail, full of grace! The Lord is with you.” But she was greatly troubled at what

was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

**Meditation:** In this particular passage of sacred scripture we see the fulfillment of Isaiah's prophecy and the unfolding of God's plan of redemption in the events leading up to the Incarnation, the birth of the Messiah. The new era of salvation begins with the conception of Jesus in the womb of Mary. This child to be born is conceived by the action of the Holy Spirit upon Mary, who finds favor with God. As Eve was the mother of all humanity doomed to sin, now Mary becomes the mother of the new Adam who will father a new humanity by his grace (ref. Romans 5:12-21).

**Prayer:** O God, who willed that your Word should take on the reality of human flesh in the womb of the Virgin Mary, grant, we pray, that we, who confess our Redeemer to be God and man, may merit to become partakers even in his divine nature. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Contemplation:** How does Mary respond to the word of God delivered by the angel Gabriel? She knows she is hearing something beyond human capability. It will surely take a miracle which surpasses all that God has done previously. Her question, "how shall this be, since I have no husband" is not prompted by doubt or skepticism, but by wonderment! She is a true hearer of the Word and she immediately responds with faith, trust, and without hesitation. Mary's prompt response of "yes" to the divine message is a model of faith for all believers. Mary believed God's promises even when they seemed impossible. She was full of grace because she trusted that what God said was true and would be fulfilled. She was willing and eager to do God's will, even if it seemed difficult or costly. Mary is the "mother of God" because God becomes incarnate when he takes on flesh in her womb. When we pray the Nicene Creed we state our confession of faith in this great mystery: "For us men and for our salvation he came down from heaven; by the power of the Holy Spirit, he became incarnate of the Virgin Mary, and was made man." God gives us grace and he expects us to respond with the same willingness, obedience, and heartfelt trust as Mary did. When God commands he also gives the help, strength, and means to respond. We can either yield to his grace or resist and go our own way. Going our own way leads to nowhere; following Christ leads to eternal life.

### **Wednesday, March 26 ~ Third Week in the Season of Lent**

**Holy Gospel: Matthew 5:17-19** Jesus said to his disciples: "Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill. Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place. Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the Kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven."

**Meditation:** Jesus taught reverence for God's law – reverence for God himself, for the Lord's Day, reverence or respect for parents, respect for life, for property, for another person's good name, respect for oneself and for one's neighbor lest wrong or hurtful desires master us. Folks, reverence and respect for God's commandments teach us the way of love – love of God and love of neighbor. What is impossible to men and women is possible to God and those who put their faith and trust in God. Through the gift of the Holy Spirit the Lord transforms us and makes us like himself. We are a new creation in Christ (2 Cor. 5:17) because "God's love has been poured into our hearts through the Holy Spirit which has been given to us" (Romans 5:5). God gives us the grace to love as he loves, to forgive as he forgives, to think as he thinks, and to act as he acts. The Lord loves justice and goodness and he hates every form of wickedness and sin. He wants to set us free from our unruly desires and sinful habits, so that we can choose to live each day in the peace, joy, and righteousness of his Holy Spirit (Romans 14: 17). To renounce sin is to turn away from what is harmful and destructive for our minds and hearts, and our very lives. As his followers we must love and respect his commandments and hate every form of sin. Do you love and revere the commands of the Lord?

**Prayer:** Grant, we pray, O Lord, that, schooled through Lenten observance and nourished by your word, through holy restraint we may be devoted to you with all our heart and be ever united in prayer. 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:** How do you view the laws of God? Negatively? Positively? A pick-and-choose ("cafeteria Catholic") approach? Do you allow the human laws of any local, state or federal legislative body or the human decisions of the U.S. Supreme Court to supersede the divine laws of God and the divine teachings of Jesus Christ – especially when these laws or decisions are contrary to God or Jesus? Jesus' attitude towards the law of God can be summed up in the great prayer of Psalm 119: "Oh, how I love your law! It is my meditation all the day." For the people of Israel the "law" could refer to the Ten Commandments or to the five Books of Moses, called the Pentateuch, which explain the commandments and ordinances of God for his people. The "law" also referred to the whole teaching or way of life which God gave to his people. The Jews in Jesus' time also used it as a description of the oral or scribal law. Needless to say, the scribes added many more things to the law than God intended. That is why Jesus often condemned the scribal law. It placed burdens on people which God had not intended. Jesus, however, made it very clear that the essence of God's law – his commandments and his way of life – must be fulfilled. So, once again, how do you view God's law? How do you put God's law into action and practice in your daily life?

### **Thursday, March 27 ~ Third Week in the Season of Lent**

**Holy Gospel: Luke 11:14-23** Jesus was driving out a demon that was mute, and when the demon had gone out, the mute man spoke and the crowds were amazed. Some of them said, "By the power of Beelzebul, the prince of demons, he drives out demons." Others, to test him, asked him for a sign from heaven. But he knew their thoughts and said to them, "Every kingdom divided against itself will be laid waste and house will fall against house. And if Satan is divided against himself, how will his kingdom stand? For you say that it is by Beelzebul that I drive out demons. If I, then, drive out demons by Beelzebul, by whom do your own people drive them out? Therefore they will be your judges. But if it is by the finger of God that I drive out demons, then the Kingdom of God has come upon you. When a strong man fully armed guards his palace, his possessions are safe. But when one stronger than he attacks and overcomes him, he takes away the armor on which he relied and distributes the spoils. Whoever is not with me is against me, and whoever does not gather with me scatters."

**Meditation:** Jesus' numerous exorcisms brought freedom to many who were troubled and oppressed by the work of evil spirits. Jesus himself encountered personal opposition and battled with Satan when he was put to the test in the wilderness just before his public ministry. He overcame the evil one through his obedience to the will of his Father. Some of the Jewish leaders reacted vehemently to Jesus' healings and exorcisms and they opposed him with malicious slander. How could he get the power and authority to release individuals from Satan's power? They assumed that he had to be in league with Satan. They attributed his power to Satan rather than to God. Jesus answers their charge with two arguments. There were many exorcists in Palestine in Jesus' time. So Jesus retorted by saying that they also incriminate their own kin who cast out demons. If they condemn Jesus they also condemn themselves. In his second argument he asserts that no kingdom divided against itself cannot survive for long? We have witnessed enough civil wars in our own time to prove the destructive force at work here for the annihilation of whole peoples and their land. If Satan lends his power against his own forces then he is finished. How can a strong person be defeated except by someone who is stronger? Jesus asserted his power and authority to cast out demons as a clear demonstration of the reign of God.

**Prayer:** We implore your majesty most humbly, O Lord, that, as the feast of our salvation draws ever closer, so we may press forward all the more eagerly towards the worthy celebration of the Paschal Mystery. 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 live in a world of compromise. And yet, there are some aspects of our life that we just cannot afford to compromise on – especially our faith life, and the teachings of the one, holy, Catholic and Apostolic Church. The teachings of the Church are based on the laws of God and the teachings of Jesus Christ. Jesus makes it clear that there are no neutral parties. We are either for Jesus or against him, for the kingdom of God or against it. Once we start going down the road of compromise, we turn against God and Jesus, because we begin to place our will above and before the will of God (sound familiar – Adam and Eve?). There are two kingdoms in opposition to one another – the kingdom of God and the kingdom of darkness under the rule of Satan. If we disobey God's word – if we compromise God's word – then we open the door to the power of sin and Satan in our lives. If you want to live in freedom

from sin and Satan, then your house – your life and all you possess – must be occupied by Jesus where he is enthroned as Lord and Savior. Is the Lord Jesus the Master of your home, heart, mind, and will?

## Friday, March 28 ~ Third Week in the Season of Lent

**Holy Gospel: Mark 12:28-34** One of the scribes came to Jesus and asked him, "Which is the first of all the commandments?" Jesus replied, "The first is this: Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these." The scribe said to him, "Well said, teacher. You are right in saying, He is One and there is no other than he. And to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself is worth more than all burnt offerings and sacrifices." And when Jesus saw that he answered with understanding, he said to him, "You are not far from the Kingdom of God." And no one dared to ask him any more questions.

**Meditation:** How do love and obedience to God's law go together? The Pharisees prided themselves in the knowledge of the law and their ritual requirements. They made it a life-time practice to study the 613 precepts of the Old Testament along with the numerous rabbinic commentaries. They tested Jesus to see if he correctly understood the law as they did. Jesus startled them with his profound simplicity and mastery of the law of God and its purpose. What does God require of us? Simply that we love as he loves! God is love and everything he does flows from his love for us. God loved us first and our love for him is a response to his exceeding grace and kindness towards us. The love of God comes first and the love of neighbor is firmly grounded in the love of God. The more we know of God's love and truth the more we love what he loves and reject what is hateful and contrary to his will. What, then, makes our love for God and his commands grow in us? Faith in God and hope in his promises strengthens us in the love of God. They are essential for a good relationship with God, for being united with him. The more we know of God the more we love him and the more we love him the greater we believe and hope in his promises. The Lord, through the gift of the Holy Spirit, gives us a new freedom to love as he loves. Do you allow anything to keep you from the love of God and the joy of serving others with a generous heart? Remember and reflect on what Saint Paul the Apostle said: "Hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us" (Romans 5:5).

**Prayer:** Pour your grace into our hearts, we pray, O Lord, that we may be constantly drawn away from unruly desires and obey by your own gift the heavenly teaching you give us. 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 following prayer by Saint Anselm is worth contemplating on this day: "We love you, O our God; and we desire to love you more and more. Grant to us that we may love you as much as we desire, and as much as we ought. O dearest friend, who has so loved and saved us, the thought of whom is so sweet and always growing sweeter, come with Christ and dwell in our hearts; that you keep a watch over our lips, our steps, our deeds, and we shall not need to be anxious either for our souls or our bodies. Give us love, sweetest of all gifts, which knows no enemy. Give us in our hearts pure love, born of your love to us, that we may love others as you love us. O most loving Father of Jesus Christ, from whom flows all love, let our hearts, frozen in sin, cold to you and cold to others, be warmed by this divine fire. So help and bless us in your Son."

Antiphons and scripture passages courtesy of the U.S. Conference of Catholic Bishops. Daily meditations and contemplations adapted from *Biblical Medications for Lent* by Rev. Carroll Stuhlmueller, C.P.; prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

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*"Let us ask ourselves: Am I convinced that the Lord forgives my sins? Or do I act as if I can save myself? Do I long for salvation and call upon God's help to attain it? Do I concretely experience the hope that enables me to interpret the events of history and inspires in me a commitment to justice and fraternity, to care for our common home and in such a way that no one feels excluded? Sisters and brothers, thanks to God's love in Jesus Christ, we are sustained in the hope that does not disappoint (cf. Romans 5:5). Hope is the 'sure and steadfast anchor of the soul' (cf. Catechism of the Catholic Church, 1820). It moves the Church to pray for 'everyone to be saved' (1 Tim2:4) and to look forward to her being united with Christ, her bridegroom, in the glory of heaven."*

~Pope Francis, excerpt of the Holy Father's 2025 Message for Lent