

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)

Jubilee Year 2025: Pilgrims of Hope
Month of January: Dedicated to the Most Holy Name of Jesus

“Have Jesus always for your patron, His Cross for a mast on which you must spread your resolutions as a sail. Your anchor shall be a profound confidence in Him, and you shall sail prosperously.” +SAINT FRANCIS DE SALES

Monday, January 20 ~ Second Week in Ordinary Time
Saint Fabian, Pope and Martyr; Saint Sebastian, Martyr

Holy Gospel: Mark 2:18-22 The disciples of John and of the Pharisees were accustomed to fast. People came to Jesus and objected, “Why do the disciples of John and the disciples of the Pharisees fast, but your disciples do not fast?” Jesus answered them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast on that day. No one sews a piece of unshrunk cloth on an old cloak. If he does, its fullness pulls away, the new from the old, and the tear gets worse. Likewise, no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the skins are ruined. Rather, new wine is poured into fresh wineskins.”

Meditation: Jesus warns his disciples about the problem of the "closed mind" that refuses to learn new things. Jesus used an image familiar to his audience — new and old wineskins. In Jesus' times, wine was stored in wineskins, not bottles. New wine poured into skins was still fermenting. The gases exerted gave pressure. New wine skins were elastic enough to take the pressure, but old wine skins easily burst because they were hard. What did Jesus mean by this comparison? Are we to reject the old in place of the new? Just as there is a right place and a right time for fasting and for feasting, so there is a right place for the old as well as the new. Jesus says the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old (Matthew 13:52). How impoverished we would be if we only had the Old Testament or the New Testament, rather than both. The Lord gives us wisdom so we can make the best use of both the old and the new.

Prayer (Saint Fabian): O God, glory of your Priests, grant we pray, that, helped by the intercession of your Martyr Saint Fabian, we may make progress by communion in the faith and by worthy service. 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.

Prayer (Saint Sebastian): Grant us, we pray, O Lord, a spirit of fortitude, so that, taught by the glorious example of your Martyr Saint Sebastian, we may learn to obey you rather than men. 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: Which comes first, fasting or feasting? The disciples of John the Baptist were upset with Jesus' disciples because they did not fast. Fasting was one of the three most important religious duties, along with prayer and almsgiving. Jesus gave a simple explanation. There's a time for fasting and a time for feasting (or celebrating). To walk as a disciple with Jesus is to experience a whole new joy of relationship akin to the joy of the wedding party in celebrating with the groom and bride their wedding bliss. But there also comes a time when the Lord's disciples must bear the cross of affliction and purification. For the disciple there is both a time for rejoicing in the Lord's presence and celebrating his goodness and a time for seeking the Lord with humility and fasting and for mourning over sin. Do you take joy in the Lord's presence with you and do you express sorrow and contrition for your sins?

Tuesday, January 21 ~ Second Week in Ordinary Time **Saint Agnes, Virgin and Martyr**

Holy Gospel: Mark 2:23-28 As Jesus was passing through a field of grain on the Sabbath, his disciples began to make a path while picking the heads of grain. At this the Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" He said to them, "Have you never read what David did when he was in need and he and his companions were hungry? How he went into the house of God when Abiathar was high priest and ate the bread of offering that only the priests could lawfully eat, and shared it with his companions?" Then he said to them, "The Sabbath was made for man, not man for the Sabbath. That is why the Son of Man is lord even of the Sabbath."

Meditation: What does the commandment "keep holy the Sabbath" require us to do? The religious leaders confronted Jesus on this issue. The "Sabbath rest" was meant to be a time to remember and celebrate God's goodness and the goodness of his work, both in creation and redemption. It was a day set apart for the praise of God, his work of creation, and his saving actions on our behalf. It was intended to bring everyday work to a halt and to provide needed rest and refreshment. Jesus' disciples are scolded by the scribes and Pharisees, not for plucking and eating corn from the fields, but for doing so on the Sabbath. In defending his disciples, Jesus argues from the scriptures that human need has precedence over ritual custom.

Prayer: Almighty ever-living God, who choose what is weak in the world to confound the strong, mercifully grant, that we, who celebrate the heavenly birthday of your Martyr Saint Agnes, may follow her constancy in the faith. 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: So how do you spend the Sabbath? (Sunday for we Catholic Christians.) There was a time when families and individuals spent Sunday attending Mass, relaxing in one way or another, having "Sunday Dinner" with family, visiting grandma. The Sabbath – the "Lord's Day" should always be a day of praise and worship to God through the Mass; it should also be a day rest for us, giving us time to "re-create" ourselves for the coming week. In our hurried world, take some time to contemplate how you spend your Sundays. Carve out time on this day to give praise and worship to God the Father and receive the Eucharist during Mass, then carve out some time for yourself and your family.

Wednesday, January 22 ~ Second Week in Ordinary Time **~ Day of Prayer for the Legal Protection of Unborn Children ~**

Holy Gospel: Matthew 18:1-5, 10, 12-14 The disciples approached Jesus and said, "Who is the greatest in the Kingdom of heaven?" He called a child over, placed it in their midst, and said, "Amen, I say to you, unless you turn and become like children, you will not enter the Kingdom of heaven. Whoever becomes humble like this child is the greatest in the Kingdom of heaven. And whoever receives one child such as this in my name receives me. See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father. What is your opinion? If a man has a hundred sheep and one of them goes astray, will he not leave the ninety-nine in the hills and go in search of the stray? And if he finds it, amen, I say to you, he rejoices more over it than over the ninety-nine that did not stray. In just the same way, it is not the will of your heavenly Father that one of these little ones be lost."

Meditation on this special day of prayer: Love is not merely a feeling, but is rather the desire for the best possible good for those whom we love. Through our natural intelligence and through Divine Revelation we become aware of the value of this most basic of all gifts which is life. Mere reason leads us to comprehend that it is better to be alive than never have had been in existence. The knowledge of the value of life that comes through revelation leads us to understand better this gift and to appreciate it: as a result, we worship and love more and more the Giver of this gift. This love is what moves us to protect the life of the unborn or any who might be unjustly treated. We are also led to protect women that might feel tempted or forced to commit abortion, as we know the devastating consequences that abortion will have in their lives. Last but not least we have to love, even if most of them seem to be utterly unlovable, the many perpetrators of abortion: medical personnel, and pro-abortion activists, politicians, and the media. We have to do everything that we can to convince them of their errors so that they repent and change their ways, both for their own benefit (especially their eternal soul) and for the benefit of human society.

Prayer: God our Creator, we give thanks to you, who alone have the power to impart the breath of life as you form each of us in our mother's womb; grant, we pray, that we, whom you have made stewards of

creation, may remain faithful to this sacred trust and constant in safeguarding the dignity of every human life. 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 on this special day of prayer: All human beings are created in the image and likeness of God. Using a traditional scholastic term, we can state that He is the exemplary cause of every human being, in other words, He is the model on which all human beings are created. He looked upon himself and wished that other beings would share in His own happiness. So if we reflect upon ourselves, we can begin to understand our participation in the greatness of our Creator. This participation on His greatness leads us to comprehend that He has brought us out of nothing with a purpose, because knowing His intelligence and His loving nature it is clear that all His actions are always guided by a magnificent purpose. The first intention for which He has created us is that we should enjoy for an eternity His loving company in Heaven. All human persons are called to this eternal and loving company, no one is excluded, save those who, through their own actions, exclude themselves. This manner of creation brings us to understand the unique essential dignity of every human being. A dignity that is not lost for any deprivation of the many external perfections that we might expect to find in a human person. A person might be born with a disability, or may suffer disability through injury or disease, but these deprivations do not affect his basic dignity. A Christian also has the hope that one day when the doors of Paradise will be opened for those children, all their human imperfections will be healed and they will enjoy forever the beatific vision that we all long for.

Thursday, January 23 ~ Second Week in Ordinary Time Saint Vincent of Saragossa, Deacon and Martyr

Holy Gospel: Mark 3:7-12 Jesus withdrew toward the sea with his disciples. A large number of people followed from Galilee and from Judea. Hearing what he was doing, a large number of people came to him also from Jerusalem, from Idumea, from beyond the Jordan, and from the neighborhood of Tyre and Sidon. He told his disciples to have a boat ready for him because of the crowd, so that they would not crush him. He had cured many and, as a result, those who had diseases were pressing upon him to touch him. And whenever unclean spirits saw him they would fall down before him and shout, "You are the Son of God." He warned them sternly not to make him known.

Meditation: Is there anything holding you back from giving yourself unreservedly to God? Jesus offered freedom to everyone who sought him out. Wherever Jesus went the people came to him because they had heard all the things he did. They were hungry for God and desired healing from their afflictions. In faith they pressed upon Jesus to touch him. As they did so power came from Jesus and they were healed. Even demons trembled in the presence of Jesus and acknowledged his true identity: You are the Son of God. When you hear God's word and consider all that Jesus did, how do you respond? With doubt or with expectant faith? With skepticism or with confident expectation? Ask the Lord the increase your faith in his saving power and grace.

Prayer: Almighty ever-living God, mercifully pour out your Spirit upon us, so that our hearts may possess the strong love by which the Martyr Saint Vincent triumphed over all bodily torments. 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: In this scene, where Jesus is withdrawing a bit, do you feel a special closeness to him? He came to enter our world completely and be with us. It must have been a challenge for him to be so misunderstood by his disciples, to be so sought after by the poor, to be so rejected by the religious leaders, and have the demons proclaim that they alone seem to know who he is. In scenes like this, we can recognize that he must understand us when we are tired or stretched, misunderstood or rejected, frustrated or discouraged. Knowing this, can you draw closer to him during times of anxiety or challenge? Times of rejection or persecution?

Friday, January 24 ~ Second Week in Ordinary Time Saint Francis de Sales, Bishop and Doctor of the Church; Patron Saint of the Roman Catholic Diocese of Columbus

Holy Gospel: Mark 3:13-19 Jesus went up the mountain and summoned those whom he wanted and they came to him. He appointed Twelve, whom he also named Apostles, that they might be with him and he might send them forth to preach and to have authority to drive out demons: He appointed the Twelve: Simon, whom he named Peter; James, son of Zebedee, and John the brother of James, whom he named

Boanerges, that is, sons of thunder; Andrew, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus; Thaddeus, Simon the Cananean, and Judas Iscariot who betrayed him.

Meditation: When Jesus embarked on his mission he chose twelve men for the task of preaching the kingdom of God and healing the sick in the power of that kingdom. In the choice of the twelve, we see a characteristic feature of God's work: Jesus chose very ordinary people. They were non-professionals, who had no wealth or position. They were chosen from the common people who did ordinary things, had no special education, and no social advantages. Jesus wanted ordinary people who could take an assignment and do it extraordinarily well. He chose these men to be his apostles – not for what they were, but for what they would be capable of becoming under his direction and power.

Prayer: O God, who for the salvation of souls willed that the Bishop Saint Francis de Sales become all things to all, graciously grant that, following his example, we may always display the gentleness of your charity in the service of our neighbor. 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.

Intercessory Prayer to Saint Francis de Sales: O Blessed Francis, who in your life did excel in all virtues, especially in your love of God and of your neighbor, I earnestly ask you to take me under your immediate protection, to obtain from God my perfect conversion, and that of all sinners. Teach me, O Father, to fix my eyes on heaven, that I may generously trample under foot every obstacle that presents itself in my way, and attain that degree of glory which you in your mercy hold out to me. Obtain also the favor for which I now pray: **(mention your request here)**. Assist us O Lord, we beseech you, through the merits of St. Francis de Sales that, what our endeavors cannot obtain may be given to us by his intercession. O God, who for the salvation of souls, did will that St. Francis de Sales should become all things to all men and women, mercifully grant that we, helped by the gentleness of his charity, guided by his teachings, and sharing in his merits, may obtain eternal happiness. This we pray through Christ our Lord. Amen.

Contemplation: While Jesus called twelve men to be his apostles, Jesus calls all of us to serve the Lord as his disciples. When the Lord calls us to serve, we must not shrug back because we think that we have little or nothing to offer. The Lord takes what ordinary people, like us, can offer and uses it for greatness in his kingdom. Do you make your life an offering to the Lord and allow him to use you as he sees fit?

About Saint Francis de Sales: Francis was born on August 21, 1567, and ordained to the priesthood in 1593. From 1594 to 1598 he labored at the difficult and dangerous task of preaching to the Protestants of Chablais and effected the return of some 70,000 souls to the Catholic faith. In 1602 he became bishop of Genf. His zeal for souls is attested in 21,000 extant letters and 4,000 sermons which exemplify how he applied St. Paul's words: "I have become all things to all men." You may epitomize his character in two words, kindness and loveliness – virtues that were the secret of his success. His writings reflect his kindheartedness and sweet disposition. Most widely known is the saint's *Introduction to the Devout Life*, which, with the *Imitation of Christ*, is rightly considered the finest outline of Christian perfection. Francis' *Introduction* proves to the world that true piety makes persons amiable, lovable and happy. A renowned and holy friendship existed between him and St. Frances de Chantal. In cooperation with her he founded the Visitation Nuns in 1610. Out of love for his own poor diocese, he refused opportunities for advancement, including the cardinalate. In recognition of the *Introduction* and his other writings, Francis has been declared a Doctor of the Church. How Francis developed a gentle and amiable disposition is a story in itself; he was not born a saint. By nature his temperament was choleric, fiery; little was needed to throw him into a state of violent anger. It took years before he mastered his impatience, his unruly temper. Even after he became bishop, there were slips, as for instance, when someone rang a bell before he had finished preaching. The important point, of course, is that by constant perseverance he did in time attain perfect self-mastery. Wherein lies a lesson.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops;
prayers are from *The Roman Missal*, Catholic Book Publishing, 2011;
information about saints, solemnities, feasts and memorials courtesy of Catholic Culture.

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