

# 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 July is dedicated to the Most Precious Blood of Jesus*

***"Hear my prayer, O Lady: upon a firm rock establish my mind. Be thou to me a tower of strength: protect me from the face of the cruel destroyer. Be thou to him terrible as an army in battle array: and may he fall living into the depths of hell. For thou art shining and terrible: a cloud full of dew, and the rising dawn. Thou art beautiful and bright as the full moon: thy sacred aspect is as when the sun shines in its strength."***

**+FROM THE PSALTER OF THE BLESSED VIRGIN MARY BY SAINT BONAVENTURE**

**Monday, July 13 ~ Fifteenth Week in the Season of Ordinary Time**  
**Optional Memorial: Saint Henry**

**Holy Gospel: Matthew 10:34-11:1** Jesus said to his Apostles: “Do not think that I have come to bring peace upon the earth. I have come to bring not peace but the sword. For I have come to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and one’s enemies will be those of his household. Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it. Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet’s reward, and whoever receives a righteous man because he is righteous will receive a righteous man’s reward. And whoever gives only a cup of cold water to one of these little ones to drink because he is a disciple— amen, I say to you, he will surely not lose his reward.” When Jesus finished giving these commands to his Twelve disciples, he went away from that place to teach and to preach in their towns.

**Meditation:** Why does Jesus describe his mission and the coming of God's kingdom in terms of conflict, division, and war? Jesus came in peace to reconcile a broken and sinful humanity with an all-merciful and loving God. Jesus also came to wage war, to overthrow the powers and principalities arrayed against God and his kingdom. What are these powers? Jesus describes Satan as the ruler of this world whom he will cast out (John 12:31). The battle Jesus had in mind was not an earthly conflict between nations, but a spiritual warfare between the forces of Satan and the armies of heaven. The scriptures make clear that there are ultimately only two powers or kingdoms – God's kingdom of light and the kingdom of darkness.

**Prayer + Saint Henry:** O God, whose abundant grace prepared Saint Henry to be raised by you in a wonderful way from the cares of earthly rule to heavenly realms, grant, we pray, through his intercession, that amid the uncertainties of this world we may hasten towards you with minds made pure. 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.

**Contemplation:** When Jesus spoke about division he likely had in mind the prophecy of Micah: a man's enemies are the men of his own household (Micah 7:6). The love of God compels us to choose who will be first in our lives. To place any relationship or anything else above God is a form of idolatry. Jesus challenges his disciples to examine who they love first and foremost. A true disciple loves God above all else and is willing to forsake all for Jesus Christ. Jesus insists that his disciples give him the loyalty which is only due to God, a loyalty which is higher than spouse or kin. It is possible that family and friends can become our enemies, if the thought of them keeps us from doing what we know God wants us to do. True love for God compels us to express charity towards our neighbor who is created in the image and likeness of God. Jesus declared that any kindness shown and any help given to the people of Christ will not lose its reward. Jesus never refused to give to anyone in need who asked for his help. As his disciples we are called to be kind and generous as he is.

**Tuesday, July 14 ~ Fifteenth Week in the Season of Ordinary Time**  
**Memorial: Saint Kateri Tekakwitha, Virgin ~ the "Lily of the Mohawks"**

**Holy Gospel: Matthew 11:20-24** Jesus began to reproach the towns where most of his mighty deeds had been done, since they had not repented. "Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes. But I tell you, it will be more tolerable for Tyre and Sidon on the day of judgment than for you. And as for you, Capernaum:

*Will you be exalted to heaven? / You will go down to the nether world.*

For if the mighty deeds done in your midst had been done in Sodom, it would have remained until this day. But I tell you, it will be more tolerable for the land of Sodom on the day of judgment than for you."

**Meditation:** If Jesus were to walk down the streets of any community – your neighborhood, perhaps – what would he say? Would he issue a warning like the one he gave to Chorazin and Bethsaida? And how would you respond? Wherever Jesus went he did mighty works to show the people how much God had for them. Chorazin and Bethsaida had been blessed with the visitation of God. They heard the good news and experienced the wonderful works which Jesus did for them. Why was Jesus upset with these communities? The word woe can mean misfortune, calamity, distress, sorrow, sadness, misery, grief, or wretchedness. It is as much an expression of sorrowful pity and grief as it is of dismay over the calamity and destruction which comes as a result of human folly, sin, and ignorance.

**Prayer:** O God, who desired the Virgin Saint Kateri Tekakwitha to flower among Native Americans in a life of innocence, grant, through her intercession, that when all are gathered into your Church from every nation, tribe and tongue, they may magnify you in a single canticle of praise. 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 to Saint Kateri Tekakwitha:** Saint Kateri Tekakwitha, our elder sister in the Lord, discreetly, you watch over us; may your love for Jesus and Mary inspire in us words and deeds of friendship, of forgiveness and of reconciliation. Pray that God will give us the courage, the boldness and the strength to build a world of justice and peace among ourselves and among all nations. Help us, as you did, to encounter the Creator God present in the very depths of nature, and so become witnesses of Life. With you, we praise the Father, the Son and the Spirit. Amen.

**Contemplation:** Repentance demands constant change – a change of heart, a change of mind, and always a call to change the way we live our life. God's word is life-giving and it saves us from destruction – the destruction of heart, mind, and soul as well as body. Jesus' anger is directed toward sin and everything which hinders us from doing the will of God. In love he calls us to walk in his way of truth and freedom, grace and loving-kindness, justice and holiness. Do you receive his word with faith and obedience or with doubt and indifference?

**Wednesday, July 15 ~ Fifteenth Week in the Season of Ordinary Time**  
**Memorial: Saint Bonaventure, Bishop and Doctor of the Church**

**Holy Gospel: Matthew 11:25-27** At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him."

**Meditation:** In today's gospel Jesus thanks the Father in heaven for revealing to his disciples the wisdom and knowledge of God. His prayer also contains a warning that pride can keep us from the love and knowledge of God. What makes us ignorant and blind to the things of God? Certainly intellectual pride, coldness of heart, and stubbornness of will shut out God and his kingdom. Pride is the root of all vice and the strongest influence propelling us to sin. It first vanquishes the heart, making it cold and indifferent towards God. It also closes the mind to God's truth and wisdom for our lives. What is pride? It is the inordinate love of oneself at the expense of others and the exaggerated estimation of one's own learning and importance. Jesus contrasts intellectual pride with child-like simplicity and humility. The simple of heart are "childlike" (not childish) in the sense that they see purely without pretense and acknowledge their dependence and trust in the one who is greater, wiser, and more trustworthy. They seek one thing – the "summum bonum" or "greatest good" who is God himself. Simplicity of heart is wedded with humility, the queen of virtues, because humility inclines the heart towards grace and truth. Just as pride is the root of every sin and evil, so humility is the only soil in which the grace of God can take root. It alone takes the right attitude before God and allows him as God to do all. God opposes the proud, but gives grace to the humble (ref. Book of Proverbs 3:34, James 4:6).

**Prayer:** Grant, we pray, almighty God, that, just as we celebrate the heavenly birthday of the Bishop Saint Bonaventure, we may benefit from his great learning and constantly imitate the ardor of his charity. 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:** Jesus makes a claim which no one would have dared to make – he is the perfect revelation of God. One of the greatest truths of the Christian faith is that we can know the living God. Our knowledge of God is not simply limited to knowing something about God, but we can know God personally. The essence of Christianity, and what makes it distinct from Judaism and other religions, is the knowledge of God as our Father. Jesus makes it possible for each of us to personally know God as our Father. To see Jesus is to see what God is like. In Jesus we see the perfect love of God – a God who cares intensely and who yearns over men and women, loving them to the point of laying down his life for them upon the Cross. Jesus is the revelation of God – a God who loves us completely and unconditionally.

**Thursday, July 16 ~ Fifteenth Week in the Season of Ordinary Time**  
**Optional Memorial: Our Lady of Mount Carmel**

**Optional Gospel: Matthew 12:46-50** While he was still speaking to the crowds, his mother and his brothers appeared outside, wishing to speak with him. But he said in reply to the one who told him, "Who is my mother? Who are my brothers?" And stretching out his hand toward his disciples, he said, "Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother."

**Meditation:** God offers to each of us the greatest of relationships - union of heart, mind, and spirit with himself, Jesus Christ, who is the very author and source of love (1 John 4:8,16). God's love never fails, never forgets, never compromises, never lies, never lets us down nor disappoints us. His love is consistent, unwavering, unconditional, and unstoppable. Nothing can deter him from ever leaving us, ignoring us, or treating us unkindly. He will love us no matter what. It is his nature to love. That is why he created us - to be united with him and to share in his love and unity (1 John 3:1). God is a trinity of persons - Father, Son, and Holy Spirit - and a community of love. That is why Jesus challenged his followers and even his own earthly family to recognize that God is the true source of all relationships. God wants all of our relationships to be rooted in his love.

**Prayer:** May the venerable intercession of the glorious Virgin Mary come to our aid, we pray, O Lord, so that, fortified by her protection, we may reach the mountain which is Christ. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Prayer to Our Lady of Mount Carmel:** O Most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein You are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech You from the bottom of my heart to succor me in this necessity. There are none that can withstand Your power. O show me herein You are my Mother. O Mary conceived without sin, pray for us who have recourse to Thee. (3 times) Sweet Mother, I place this cause in Your hands (mention your request now).

**Contemplation:** God did not intend for us to be alone, but to be with others. That is why he gives us virtually unlimited opportunities for developing relationships with family, friends, neighbors, and co-workers. Why does Jesus seem to ignore his own relatives when they pressed to see him? His love and respect for his mother and his relatives (and for all people) is unquestionable; we must live accordingly.

**About the Memorial to Our Lady of Mount Carmel:** Sacred Scripture celebrated the beauty of Carmel where the prophet Elijah defended the purity of Israel's faith in the living God. In the twelfth century, hermits withdrew to that mountain and later founded the Carmelite order devoted to the contemplative life under the patronage of Mary, the holy Mother of God. Devotion to Our Lady of Mount Carmel is worldwide, and most Catholics are familiar with the Scapular of Our Lady of Mount Carmel, also known as the Brown Scapular. Mary appeared to St. Simon Stock on July 16, 1251, and gave him the scapular with the following words, which are preserved in a fourteenth century narrative: "This will be for you and for all Carmelites the privilege, that he who dies in this will not suffer eternal fire." The feast of Our Lady of Mount Carmel was instituted for the Carmelites in 1332, and extended to the whole Church in 1726.

**About the Brown Scapular of Our Lady of Mount Carmel:** If you have not already done so, have a priest enroll you in the Scapular of Our Lady of Mount Carmel, or popularly known as the "Brown Scapular" and begin wearing it as a sign of your love for Our Lady. A priest enrolls people in the Brown Scapular only once. The Scapular can then be replaced afterwards by other scapulars or the scapular

medal, which has on one side the image of the Sacred Heart of Jesus and on the other, the image of Mary. The medal needs to be blessed by a priest, but the cloth scapulars do not require a blessing (separate from enrollment). Wearing the Brown Scapular is not an automatic guarantee of salvation. It is not a magical charm, nor is it an excuse to live in a way contrary to the teachings of Jesus Christ and his Catholic Church. It is a sacramental which has been approved by the Church for over seven centuries and is a sign of one's decision to follow Jesus as did Mary, the perfect model of all the disciples of Christ. The Sabbatine Privilege is associated with faithfully wearing the Brown Scapular, and carries with it certain requirements. In addition to being an introduction into the Family of Carmel, the Brown Scapular is an expression of our belief that we will meet God in eternal life, aided by the intercession and prayer of Mary. While sacramentals prepare us to receive grace if we are in the right disposition, the Church emphasizes that only sacraments can confer sanctifying grace (see *Catechism of the Catholic Church*, No. 1670). Read "The Scapular of Carmel: A Treasure for the Church" by Pope Saint John Paul II by going to this web page: <https://www.catholicculture.org/culture/library/view.cfm?recnum=3525>

### **Friday, July 17 ~ Fifteenth Week in the Season of Ordinary Time**

**Holy Gospel: Matthew 12:1-8** Jesus was going through a field of grain on the Sabbath. His disciples were hungry and began to pick the heads of grain and eat them. When the Pharisees saw this, they said to him, "See, your disciples are doing what is unlawful to do on the Sabbath." He said to them, "Have you not read what David did when he and his companions were hungry, how he went into the house of God and ate the bread of offering, which neither he nor his companions but only the priests could lawfully eat? Or have you not read in the law that on the Sabbath the priests serving in the temple violate the Sabbath and are innocent? I say to you, something greater than the temple is here. If you knew what this meant, I desire mercy, not sacrifice, you would not have condemned these innocent men. For the Son of Man is Lord of the Sabbath."

**Meditation:** What does the commandment "keep holy the Sabbath" mean for us? Or better yet, what is the primary intention behind this command? 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. In their hunger, David and his men ate of the holy bread offered in the Temple. Jesus also quoted of the Sabbath work involved in worship in the Temple. This kind of work was usually double the work of worship on weekdays. Jesus then quotes from the prophet Hosea (6:6): I desire mercy and not sacrifice. While the claims of ritual sacrifice are important to God, mercy and kindness in response to human need are even more important.

**Prayer:** O God, who show the light of your truth to those who go astray, so that they may return to the right path, give all who for the faith they profess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive after all that does it honor. 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 message of today's gospel can be complimented by contemplating on this prayer by Saint Francis of Assisi: "Lord, make us to walk in your way: Where there is love and wisdom, there is neither fear nor ignorance; where there is patience and humility, there is neither anger nor annoyance; where there is poverty and joy, there is neither greed nor avarice; where there is peace and contemplation, there is neither care nor restlessness; where there is the fear of God to guard the dwelling, there no enemy can enter; where there is mercy and prudence, there is neither excess nor harshness; this we know through your Son, Jesus Christ our Lord."

Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition* © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner. Prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

frlumpe:2026

