

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 June is dedicated to the Sacred Heart of Jesus

“In the Sacred Heart every treasure of wisdom and knowledge is hidden. In that Divine Heart beats God’s infinite love for everyone, for each one of us individually.”

+POPE SAINT JOHN PAUL II

Monday, June 8 ~ Tenth Week in the Season of Ordinary Time

Holy Gospel: Matthew 5:1-12 When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

“Blessed are the poor in spirit, for theirs is the Kingdom of heaven. / Blessed are they who mourn, for they will be comforted. / Blessed are the meek, for they will inherit the land. / Blessed are they who hunger and thirst for righteousness, for they will be satisfied. / Blessed are the merciful, for they will be shown mercy. / Blessed are the clean of heart, for they will see God. / Blessed are the peacemakers, for they will be called children of God. / Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven. / Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.”

Meditation: The beatitudes which Jesus offers us are a sign of contradiction to the world's understanding of happiness and joy which is fleeting, at best. For example, how is it possible for one to possibly find any level of happiness in poverty, hunger, mourning, and persecution? Poverty of spirit finds ample room and joy in possessing God as the greatest treasure possible. Hunger of the spirit seeks nourishment and strength in God's word and Spirit. Sorrow and mourning over wasted life and sin leads to joyful freedom from the burden of guilt and spiritual oppression. God reveals to the humble of heart the true source of abundant life and happiness. Jesus promises his disciples that the joys of heaven will more than compensate for the troubles and hardships they can expect in this world. Saint Thomas Aquinas once said: “No one can live without joy. That is why a person deprived of spiritual joy goes after carnal pleasures.” Do you know the happiness of hungering and thirsting for God alone?

Prayer: O God, from whom all good things come, grant that we, who call on you in our need, may at your prompting discern what is right, and by your guidance do it. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Contemplation: So one might ask: What is the “good life?” What is the ultimate end or purpose of life? Is it not happiness, which is none other than the complete good, the sum of all goods, leaving nothing more to be desired? Jesus addresses this question in his sermon on the mount. The word *beatitude* literally means “happiness” or “blessedness.” What is the significance of Jesus' beatitudes, and why are they so central to his teaching? The beatitudes respond to the natural desire for happiness that God has placed in every heart. They teach us the final end to which God calls us, namely the coming of God's kingdom (Matt. 4:17), the vision of God (Matt. 5:8; 1 John 2:1), entering into the joy of the Lord (Matt. 25:21-23) and into his rest (Hebrews 4:7-11). Jesus' beatitudes also confront us with decisive choices concerning the life we pursue here on earth and the use we make of the goods he puts at our disposal. God alone satisfies. Knowing this, do you seek the highest good, the total good, which is above all else?

Tuesday, June 9 ~ Tenth Week in the Season of Ordinary Time

Optional Memorial: Saint Ephrem

Holy Gospel: Matthew 5:13-16 Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in

the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”

Meditation: On many occasions Jesus used ordinary images, such as salt and light, to convey extraordinary truths. What does salt and light have to teach us about God and his reign on earth? Salt was a valuable commodity in the ancient world. People traded with it, like we trade with gold and stock. Salt also served a very useful purpose in hot climates before the invention of electricity and refrigeration. Salt not only gave food flavor, it also preserved meat from spoiling. Jesus used the image of salt to describe how his disciples are to live in the world. As salt purifies, preserves, and penetrates, so the disciple must be as salt in the world of human society to purify, preserve, and penetrate that society for the kingdom of God and of his righteousness and peace. Jesus also used the image of light and a lamp to further his illustration. Lamps in the ancient world served a vital function, much like they do today. They enable people to see and work in the dark and to avoid stumbling. The Jewish people also understood “light” as an expression of the inner beauty, truth, and goodness of God. “In his light we see light” (Psalm 36:9). “His word is a lamp that guides our steps” (Psalm 119:105). God’s grace not only illumines the darkness in our lives, but it also fills us with spiritual light, joy, and peace. Jesus used the image of a lamp to describe how his disciples are to live in the light of his truth and love. Just as natural light illumines the darkness and enables one to see visually, so the light of Christ shines in the hearts of believers and enables us to see the heavenly reality of God’s kingdom. In fact, our mission is to be light-bearers of Christ so that others may see the truth of the gospel and be freed from the blindness of sin and deception.

Prayer: O God, from whom all good things come, grant that we, who call on you in our need, may at your prompting discern what is right, and by your guidance do it. 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: Despite the steps we take to engage in activities out of the public eye in our attempt to keep things “secret,” Jesus reminds us that nothing ever remains hidden or secret. We can try to hide things from others, from ourselves, and foolishly from God – God who sees all and knows all. How tempting to shut our eyes from the consequences of our sinful ways and bad habits, even when we know what those consequences are. And how tempting to hide them from others and even from God. But, nonetheless, everything is known to God who sees all. There is great freedom and joy for those who live in God’s light and who seek this truth. Those who listen to God and heed his voice will receive more from him. Do you know the joy and freedom of living in God’s light?

Wednesday, June 10 ~ Tenth Week in the Season of Ordinary Time

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. 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 is possible to God and those who have faith in God. 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 righteousness and hates wickedness. As his followers we must love his commandments and hate every form of sin. Do you love the commands of the Lord?

Prayer: O God, from whom all good things come, grant that we, who call on you in our need, may at your prompting discern what is right, and by your guidance do it. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Contemplation: Have you ever wondered why people generally tend to view the “law of God” negatively rather than positively? Jesus’ attitude towards the law of God can be summed up in the great prayer in 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 – 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 way of life, must be fulfilled. The law of God is truth and when we live according to that truth it produces the fruits of righteousness, holiness, peace, and joy.

Thursday, June 11 ~ Tenth Week in the Season of Ordinary Time **Memorial: Saint Barnabas, Apostle**

Holy Gospel: Matthew 5:20-26 Jesus said to his disciples: "I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter into the Kingdom of heaven.

You have heard that it was said to your ancestors, *You shall not kill; and whoever kills will be liable to judgment.* But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, *Raqa*, will be answerable to the Sanhedrin, and whoever says, 'You fool,' will be liable to fiery Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court with him. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny."

Meditation: In these stress-filled and anxious times, do you find yourself at times driven by anger, rage, or revenge? The first person to hate his brother was Cain. God warned Cain: "Why are you angry? ...Sin is couching at the door; it's desire is for you, but you must master it" (Genesis 4:6-7). Sin doesn't just happen to us; it first grows as a tiny seed in our heart. Unless it is uprooted, by God's grace, it grows like a weed and chokes the vine and all its fruit. Jesus addressed the issue of keeping the commandments with his disciples. The scribes and Pharisees equated righteousness with satisfying the outward observance of the law. Jesus showed them how short they had come. Jesus points to the heart as the seat of desire and choice. Unless evil and forbidden desires are eradicated, the heart will be corrupted. Jesus points to forbidden anger with one's brother. This is a selfish anger that broods and is long-lived, that nurses a grudge and keeps wrath warm, and that refuses to die. Harboring anger in the heart as well as anger in speech and action are equally forbidden by God. What, then, is the antidote to anger and rage? Mercy, kindness, and forbearance spring from a heart full of love and forgiveness. God has forgiven us and he calls us to extend mercy and forgiveness towards those who cause us grief and harm. In the cross of Jesus we see the supreme example of love and forgiveness and the power of goodness for overcoming evil. Only God's love and grace can set our hearts and minds free from the tyranny of wounded pride and spiteful revenge. Do you harbor any anger towards another person? And are you quick to be reconciled when a rupture has been caused in your relationships? Ask God to set you free and to fill your heart and mind with his love and goodness. Paul the Apostle reminds us that "God's love has been poured into our hearts through the Holy Spirit which has been given to us" (Romans 5:5). Through the grace and help of the Holy Spirit we can overcome malice with good, hatred with kindness, and injury with pardon.

Prayer: O God, who decreed that Saint Barnabas, a man filled with faith and the Holy Spirit, should be set apart to convert the nations, grant that the Gospel of Christ, which he strenuously preached, may be faithfully proclaimed by word and by deed. 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 of Saint Eusebius is well worth contemplation: "May I be no man's enemy, and may I be the friend of that which is eternal and abides. May I never quarrel with those nearest me: and if I do, may I be reconciled quickly. May I love, seek, and attain only that which is good. May I wish for all men's happiness and envy none. May I never rejoice in the ill-fortune of one who has wronged me. When I have done or said what is wrong, may I never wait for the rebuke of others, but always rebuke myself until I make amends. May I win no victory that harms either me or my opponent. May I reconcile friends who are angry with one another. May I never fail a friend who is in danger. When visiting those in grief may I be able by gentle and healing words to soften their pain. May I respect myself. May I always keep tame that which rages within me. May I accustom myself to be gentle, and never be angry with people because of circumstances. May I never discuss who is wicked and what wicked things he has done, but know good men and follow in their footsteps."

Friday, June 12 ~ Tenth Week in the Season of Ordinary Time **Solemnity of the Most Sacred Heart of Jesus**

Holy Gospel: Matthew 11:25-30 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 little ones. 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.

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

Meditation: Have you come to know the mind and heart of God? Jesus thanks the Father in heaven for revealing to his disciples the wisdom and knowledge of God. What does Jesus' prayer tell us about God and about ourselves? First, it tells us that God is both Father and Lord of earth as well as heaven. He is both Creator and Author of all that he has made, the first origin of everything and transcendent authority, and at the same time, goodness and loving care for all his children. All fatherhood and motherhood is derived from him (Ephesians 3:14-15). Jesus' 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.

Prayer: Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts. 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 simple of heart are not simpletons – the simple of heart are like "babes" 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 – Jesus Christ, the Son of God, our Lord, Savior and Redeemer. They seek one thing – the "summum bonum" or "greatest good" who is God and His Son. Simplicity of heart is aligned 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 (Proverbs 3:34, James 4:6). Only the humble in heart can receive true wisdom and understanding of God and his ways. Do you submit to God's word with simple trust and humility? Do you align your heart to the Most Sacred Heart of Jesus? Pope Benedict XVI, speaking of the solemnity of the Sacred Heart of Jesus, once said: "In biblical language, 'heart' indicates the center of the person where his sentiments and intentions dwell. In the Heart of the Redeemer we adore God's love for humanity, his will for universal salvation, his infinite mercy. Practicing the devotion to the Sacred Heart of Christ therefore means adoring that Heart which, after having loved us to the end, was pierced by a spear and from high on the Cross poured out blood and water, an inexhaustible source of new life" (Pope Benedict XVI, Angelus, June 5, 2005).

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



*The Month of June ~ Dedicated to the Sacred Heart of Jesus
A Prayer to the Sacred Heart composed by Saint Gertrude the Great*

Hail, Sacred Heart of Jesus, living and strengthening source of eternal life, infinite treasury of the divinity, burning furnace of divine love! You are my refuge and my sanctuary. My loving Savior, consume my heart in that burning fire with which Your own is inflamed. Pour into my soul those graces which flow from Your love. Let my heart be so united with Yours that our wills may be one, and my will in all things conformed with Yours. May Your Will be the guide and rule of my desires and of my actions. Amen.