

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 March is dedicated to Saint Joseph

The month of April is dedicated to the Holy Spirit

“Unless there is a Good Friday in your life, there can be no Easter Sunday.”

+VENERABLE FULTON SHEEN

March 30 ~ Monday of Holy Week

Holy Gospel: John 12:1-11 Six days before Passover Jesus came to Bethany, where Lazarus was, whom Jesus had raised from the dead. They gave a dinner for him there, and Martha served, while Lazarus was one of those reclining at table with him. Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil. Then Judas the Iscariot, one of his disciples, and the one who would betray him, said, “Why was this oil not sold for three hundred days’ wages and given to the poor?” He said this not because he cared about the poor but because he was a thief and held the money bag and used to steal the contributions. So Jesus said, “Leave her alone. Let her keep this for the day of my burial. You always have the poor with you, but you do not always have me.”

The large crowd of the Jews found out that he was there and came, not only because of him, but also to see Lazarus, whom he had raised from the dead. And the chief priests plotted to kill Lazarus too, because many of the Jews were turning away and believing in Jesus because of him.

Meditation: Why was Judas critical of Mary’s lovely deed? Judas viewed her act as extravagant wastefulness because of greed. A person views things according to what it inside the heart and soul. Judas was an embittered man and had a warped sense of what was precious and valuable, especially to God. Jesus had put Judas in charge of their common purse, no doubt because he was gifted in financial matters. The greatest temptation we can face will often come in the area of our greatest strength or gifting. Sadly, Judas used money entrusted to him for wrong and hurtful purposes. He allowed greed and personal gain to corrupt his heart and to warp his view of things. He was critical towards Mary because he imputed unworthy motives. Do you examine your heart correctly when you impute wrong or unworthy motives towards others? Does love of money taint or possibly destroy your love for Christ?

Prayer: Grant, we pray, almighty God, that, though in our weakness we fail, we may be revived through the Passion of your Only Begotten Son. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: Do you know the love that knows no bounds? As Jesus dines with his beloved friends, Mary does something which only love can do. She took the most precious thing she had and spent it all on Jesus. Her love was not calculated but extravagant. Mary’s action was motivated by one thing, and one thing only, namely, her love for Jesus and her gratitude for God’s mercy. She did something, however, a Jewish woman would never do in public. She loosened her hair and anointed Jesus with her tears. It was customary for a woman on her wedding day to bound her hair. For a married woman to loosen her hair in public was a sign of grave immodesty. Mary was oblivious to all around her, except for Jesus. She took no thought for what others would think, but what would please her Lord. In humility she stooped to anoint Jesus’ feet and to dry them with her hair. How do you show your love for Christ?

March 31 ~ Tuesday of Holy Week

Holy Gospel: John 13:21-33, 36-38 Reclining at table with his disciples, Jesus was deeply troubled and testified, “Amen, amen, I say to you, one of you will betray me.” The disciples looked at one another, at a loss as to whom he meant. One of his disciples, the one whom Jesus loved, was reclining at Jesus’ side. So Simon Peter nodded to him to find out whom he meant. He leaned back against Jesus’ chest and said

to him, "Master, who is it?" Jesus answered, "It is the one to whom I hand the morsel after I have dipped it." So he dipped the morsel and took it and handed it to Judas, son of Simon the Iscariot. After Judas took the morsel, Satan entered him. So Jesus said to him, "What you are going to do, do quickly." Now none of those reclining at table realized why he said this to him. Some thought that since Judas kept the money bag, Jesus had told him, "Buy what we need for the feast," or to give something to the poor. So Judas took the morsel and left at once. And it was night.

When he had left, Jesus said, "Now is the Son of Man glorified, and God is glorified in him. If God is glorified in him, God will also glorify him in himself, and he will glorify him at once. My children, I will be with you only a little while longer. You will look for me, and as I told the Jews, 'Where I go you cannot come,' so now I say it to you."

Simon Peter said to him, "Master, where are you going?" Jesus answered him, "Where I am going, you cannot follow me now, though you will follow later." Peter said to him, "Master, why can I not follow you now? I will lay down my life for you." Jesus answered, "Will you lay down your life for me? Amen, amen, I say to you, the cock will not crow before you deny me three times."

Meditation: Jesus' disciples were put to the test as Jesus prepared to make the final and ultimate sacrifice of his own life for their sake and for all the world. What was different between Peter and Judas? Judas deliberately betrayed his Master while Peter, in a moment of weakness, denied him with an oath and a curse. Judas' act was cold and calculated. Peter, however, never meant to do what he did. He acted impulsively, out of weakness and cowardice. Jesus knew both the strength of Peter's loyalty and the weakness of his resolution. He had a habit of speaking with his heart without thinking through the implications of what he was saying. The treachery of Judas, however, is seen at its worst when Jesus makes his appeal by showing special affection to him at his last supper.

Prayer: Almighty ever-living God, grant us so to celebrate the mysteries of the Lord's Passion that we may merit to receive your pardon. 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: Satan entered into Judas when he rejected Jesus and left to pursue his evil course. Satan can twist love and turn it into hate. He can turn holiness into pride, discipline into cruelty, affection into complacency. We must always be on our guard against Satan, whose mission among the faithful is to turn us from the love of God and the path which God has chosen for us. The Holy Spirit will give us grace and strength each and every time that we are tested. If we submit to Jesus we will walk in the light of his truth and love. If we turn our backs on him we will stumble and fall in the ways of sin and darkness. Are you ready to follow Jesus in his way of the cross? Or do you run away from the cross of Christ?

April 1 ~ Wednesday of Holy Week

Holy Gospel: Matthew 26:14-25 One of the Twelve, who was called Judas Iscariot, went to the chief priests and said, "What are you willing to give me if I hand him over to you?" They paid him thirty pieces of silver, and from that time on he looked for an opportunity to hand him over.

On the first day of the Feast of Unleavened Bread, the disciples approached Jesus and said, "Where do you want us to prepare for you to eat the Passover?" He said, "Go into the city to a certain man and tell him, 'The teacher says, "My appointed time draws near; in your house I shall celebrate the Passover with my disciples.'" The disciples then did as Jesus had ordered, and prepared the Passover.

When it was evening, he reclined at table with the Twelve. And while they were eating, he said, "Amen, I say to you, one of you will betray me." Deeply distressed at this, they began to say to him one after another, "Surely it is not I, Lord?" He said in reply, "He who has dipped his hand into the dish with me is the one who will betray me. The Son of Man indeed goes, as it is written of him, but woe to that man by whom the Son of Man is betrayed. It would be better for that man if he had never been born." Then Judas, his betrayer, said in reply, "Surely it is not I, Rabbi?" He answered, "You have said so."

Meditation: Origen, a 3rd century bible scholar and Father of the Church, comments on Judas' betrayal: "Let us consider what Judas said to the Jewish priests: What will you give me if I hand him over to you? He was willing to take money in exchange for handing over the Word of God. They do the same thing who accept sensual or worldly goods in exchange for handing over and casting out from their souls the Savior and Word of truth who came to dwell with them. Indeed, it would be fitting to apply Judas's example to all who show contempt for the Word of God and betray him, as it were, by committing sin for the sake of money or for any selfish motive. People who behave in this way appear openly to be calling out to the powers of the enemy who offer worldly gain in return for the sin of betraying God's Word, saying, What will you give me if I hand him over to you? And they gave him thirty pieces of silver. The number of coins

they gave Judas was equivalent to the number of years the Savior had sojourned in this world. For at the age of thirty, he was baptized and began to preach the gospel, like Joseph was thirty years old when he began to gather grain for his brothers (Genesis 41:46). Just as at that time the grain was prepared by God for the sons of Israel but given also to the Egyptians, so also the gospel was prepared for the saints but preached also to the unfaithful and wicked." [Commentary on Matthew 78.]

Prayer: O God, who willed your Son to submit for our sake to the yoke of the Cross, so that you might drive from us the power of the enemy, grant us, your servants, to attain the grace of the resurrection. 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 knew beforehand what would befall him. As Jesus ate the Passover meal with his twelve apostles he put them under trial and suspicion (one of you will betray me) to teach them to examine themselves rightly, to avoid thinking of themselves as being more strong than they were. We, also must examine ourselves in the light of God's truth and grace and ask him to strengthen us in faith, hope, and love that we may not fail him or forsake him when we are tempted. When you pray the "lord's Prayer" (the "Our Father") do the words simply roll off your tongue without much thought? Or do you pray mindfully and with confidence in the words Jesus gave us to pray: *Do not lead us into temptation, but deliver us from evil* (Matthew 6:13)?

April 2 ~ Holy Thursday ~ Mass of the Lord's Supper

Holy Gospel: John 13:1-15 Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end. The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist. He came to Simon Peter, who said to him, "Master, are you going to wash my feet?" Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later." Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me." Simon Peter said to him, "Master, then not only my feet, but my hands and head as well." Jesus said to him, "Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all." For he knew who would betray him; for this reason, he said, "Not all of you are clean."

So when he had washed their feet and put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

Meditation: Saint Augustine, in his homily for this day, wrote: "He had the power of laying down his life; we by contrast cannot choose the length of our lives, and we die even if it is against our will. He, by dying, destroyed death in himself; we are freed from death only in his death. His body did not see corruption; our body will see corruption and only then be clothed through him in incorruption at the end of the world. He needed no help from us in saving us; without him we can do nothing. He gave himself to us as the vine to the branches; apart from him we cannot have life. Finally, even if brothers die for brothers, yet no martyr by shedding his blood brings forgiveness for the sins of his brothers, as Christ brought forgiveness to us. In this he gave us, not an example to imitate but a reason for rejoicing. Inasmuch, then, as they shed their blood for their brothers, the martyrs provided "the same kind of meal" as they had received at the Lord's table. Let us then love one another as Christ also loved us and gave himself up for us."

Prayer: O God, who have called us to participate in this most sacred Supper, in which your Only Begotten Son, when about to hand himself over to death, entrusted to the Church a sacrifice new for all eternity, the banquet of his love, grant, we pray, that we may draw from so great a mystery, the fullness of charity and of 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: Does your love waver when you encounter bitter disappointments and injury from others? As Jesus' hour of humiliation draws near he reveals to his disciples the supreme humility which shaped the love he had for them. He stoops to perform a menial task reserved for servants – the washing of smelly, dirty feet. In stooping to serve his disciples Jesus knew he would be betrayed by one of them and that the rest would abandon him through disloyalty. Such knowledge could have easily led to

bitterness or hatred. Jesus met the injury of betrayal and disloyalty with the greatest humility and supreme love. Jesus loved his disciples to the very end, even when they failed him and forsook him. The Lord loves each of us unconditionally. His love has power to set us free to serve others with Christ-like compassion and humility. Does the love of Christ rule in your heart, thoughts, intentions and actions?

April 3 ~ Good Friday of the Passion of the Lord

Holy Gospel: John 18:1 – 19:42 Jesus went out with his disciples across the Kidron valley to where there was a garden, into which he and his disciples entered. Judas his betrayer also knew the place, because Jesus had often met there with his disciples. So Judas got a band of soldiers and guards from the chief priests and the Pharisees and went there with lanterns, torches, and weapons. Jesus, knowing everything that was going to happen to him, went out and said to them, "Whom are you looking for?" They answered him, "Jesus the Nazorean." He said to them, "I AM." Judas his betrayer was also with them. When he said to them, "I AM," they turned away and fell to the ground. So he again asked them, "Whom are you looking for?" They said, "Jesus the Nazorean." Jesus answered, "I told you that I AM. So if you are looking for me, let these men go." This was to fulfill what he had said, "I have not lost any of those you gave me." Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. Jesus said to Peter, "Put your sword into its scabbard. Shall I not drink the cup that the Father gave me?"

So the band of soldiers, the tribune, and the Jewish guards seized Jesus, bound him, and brought him to Annas first. He was the father-in-law of Caiaphas, who was high priest that year. It was Caiaphas who had counseled the Jews that it was better that one man should die rather than the people.

Simon Peter and another disciple followed Jesus. Now the other disciple was known to the high priest, and he entered the courtyard of the high priest with Jesus. But Peter stood at the gate outside. So the other disciple, the acquaintance of the high priest, went out and spoke to the gatekeeper and brought Peter in. Then the maid who was the gatekeeper said to Peter, "You are not one of this man's disciples, are you?" He said, "I am not." Now the slaves and the guards were standing around a charcoal fire that they had made, because it was cold, and were warming themselves. Peter was also standing there keeping warm.

The high priest questioned Jesus about his disciples and about his doctrine. Jesus answered him, "I have spoken publicly to the world. I have always taught in a synagogue or in the temple area where all the Jews gather, and in secret I have said nothing. Why ask me? Ask those who heard me what I said to them. They know what I said." When he had said this, one of the temple guards standing there struck Jesus and said, "Is this the way you answer the high priest?" Jesus answered him, "If I have spoken wrongly, testify to the wrong; but if I have spoken rightly, why do you strike me?" Then Annas sent him bound to Caiaphas the high priest.

Now Simon Peter was standing there keeping warm. And they said to him, "You are not one of his disciples, are you?" He denied it and said, "I am not." One of the slaves of the high priest, a relative of the one whose ear Peter had cut off, said, "Didn't I see you in the garden with him?" Again Peter denied it. And immediately the cock crowed.

Then they brought Jesus from Caiaphas to the praetorium. It was morning. And they themselves did not enter the praetorium, in order not to be defiled so that they could eat the Passover. So Pilate came out to them and said, "What charge do you bring against this man?" They answered and said to him, "If he were not a criminal, we would not have handed him over to you." At this, Pilate said to them, "Take him yourselves, and judge him according to your law." The Jews answered him, "We do not have the right to execute anyone," in order that the word of Jesus might be fulfilled that he said indicating the kind of death he would die. So Pilate went back into the praetorium and summoned Jesus and said to him, "Are you the King of the Jews?" Jesus answered, "Do you say this on your own or have others told you about me?" Pilate answered, "I am not a Jew, am I? Your own nation and the chief priests handed you over to me. What have you done?" Jesus answered, "My kingdom does not belong to this world. If my kingdom did belong to this world, my attendants would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not here." So Pilate said to him, "Then you are a king?" Jesus answered, "You say I am a king. For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice." Pilate said to him, "What is truth?"

When he had said this, he again went out to the Jews and said to them, "I find no guilt in him. But you have a custom that I release one prisoner to you at Passover. Do you want me to release to you the King of the Jews?" They cried out again, "Not this one but Barabbas!" Now Barabbas was a revolutionary.

Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said, "Hail, King of the Jews!" And they struck him repeatedly. Once more Pilate went out and said to them, "Look, I am bringing him out to you, so that you may know that I find no guilt in him." So Jesus came out, wearing the crown of thorns and the purple cloak. And he said to them, "Behold, the man!" When the chief priests and the guards saw him they cried out, "Crucify him, crucify him!"

Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." The Jews answered, "We have a law, and according to that law he ought to die, because he made himself the Son of God." Now when Pilate heard this statement, he became even more afraid, and went back into the praetorium and said to Jesus, "Where are you from?" Jesus did not answer him. So Pilate said to him, "Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?" Jesus answered him, "You would have no power over me if it had not been given to you from above. For this reason the one who handed me over to you has the greater sin." Consequently, Pilate tried to release him; but the Jews cried out, "If you release him, you are not a Friend of Caesar. Everyone who makes himself a king opposes Caesar."

When Pilate heard these words he brought Jesus out and seated him on the judge's bench in the place called Stone Pavement, in Hebrew, Gabbatha. It was preparation day for Passover, and it was about noon. And he said to the Jews, "Behold, your king!" They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified.

So they took Jesus, and, carrying the cross himself, he went out to what is called the Place of the Skull, in Hebrew, Golgotha. There they crucified him, and with him two others, one on either side, with Jesus in the middle. Pilate also had an inscription written and put on the cross. It read, "Jesus the Nazorean, the King of the Jews." Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin, and Greek. So the chief priests of the Jews said to Pilate, "Do not write 'The King of the Jews,' but that he said, 'I am the King of the Jews'." Pilate answered, "What I have written, I have written."

When the soldiers had crucified Jesus, they took his clothes and divided them into four shares, a share for each soldier. They also took his tunic, but the tunic was seamless, woven in one piece from the top down. So they said to one another, "Let's not tear it, but cast lots for it to see whose it will be," in order that the passage of Scripture might be fulfilled that says:

They divided my garments among them, / and for my vesture they cast lots.

This is what the soldiers did. Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

After this, aware that everything was now finished, in order that the Scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit.

+ At this point of the Passion pause in prayerful meditation for a short time. +

Now since it was preparation day, in order that the bodies might not remain on the cross on the Sabbath, for the Sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and that they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus. But when they came to Jesus and saw that he was already dead, they did not break his legs, but one soldier thrust his lance into his side, and immediately blood and water flowed out. An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may come to believe. For this happened so that the Scripture passage might be fulfilled:

Not a bone of it will be broken.

And again another passage says:

They will look upon him whom they have pierced.

After this, Joseph of Arimathea, secretly a disciple of Jesus for fear of the Jews, asked Pilate if he could remove the body of Jesus. And Pilate permitted it. So he came and took his body. Nicodemus, the one who had first come to him at night, also came bringing a mixture of myrrh and aloes weighing about one hundred pounds. They took the body of Jesus and bound it with burial cloths along with the spices,

according to the Jewish burial custom. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by.

Meditation: The cross brings us face to face with Jesus' suffering. He was alone – all his disciples had deserted him except for his mother and three women along with John, the beloved disciple. And his death was agonizing and humiliating. Normally a crucified man could last for several days on a cross. Jesus' had already been scourged, beaten with rods, and a crown of thorns pressed into his skull. It is no wonder that he died mid-afternoon. Pilate publicly heralded Jesus "The King of the Jews" as he died upon the cross, no doubt to irritate and annoy the chief priests and Pharisees. Jesus was crucified for his claim to be King. The Jews had understood that the Messiah would come as king to establish God's reign for them. They wanted a king who would free them from tyranny and foreign domination. Many had high hopes that Jesus would be the Messianic king. Little did they understand what kind of kingship Jesus had. Jesus came to conquer hearts and souls for an imperishable kingdom, rather than to conquer perishable lands and entitlements. We can find no greater proof of God's love for us than the willing sacrifice of his Son on the cross. Jesus' parting words, "It is finished!" expresses triumph rather than defeat. Jesus bowed his head and gave up his spirit knowing that the strife was now over and the battle was won. Even on the cross Jesus knew the joy of victory. What the Father sent him into the world to do has now been accomplished. Christ offered himself without blemish to God and he put away sin by the sacrifice of himself (ref. Hebrews 9:24-26).

Prayer: Remember your mercies, O Lord, and with your eternal protection sanctify your servants for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery. Who lives and reigns for ever and ever. Amen.

Stations of the Cross: "We adore you, O Christ, and we praise you. Because by your holy cross you have redeemed the world" (From Stations of the Cross by Saint Alphonsus Liguori). Pray the Stations of the Cross today; on-line Stations are available at: <https://mycatholic.life/catholic-prayers/stations-of-the-cross/>

Contemplation: As Father Thomas Merton, OCSO, once wrote: "To know the cross is not merely to know our own sufferings. For the cross is the sign of salvation, and no one is saved by his own sufferings. To know the cross is to know that we are saved by the sufferings of Christ; more, it is to know the love of Christ who underwent suffering and death in order to save us. It is, then, to know Christ. For to know his love is not merely to know the story of his love, but to experience in our spirit that we are loved by him, and that in his love the Father manifests his own love for us, through his Spirit poured forth into our hearts."

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frlumpe:2026

A Prayer in Honor of Christ's Passion

I give You glory, O Christ, because You, the Only-begotten Son, the Lord of all, underwent the death of the Cross to free my sinful soul from the bonds of sin.

What shall I give to You, O Lord, in return for all this kindness?

Glory to You, O Lord, for Your Love, for Your Mercy, for Your Patience.

Glory to You, for forgiving us all our sins, for coming to save our souls, for Your Incarnation in the Virgin's womb.

Glory to You, for Your bonds, for receiving the cut of the lash, for accepting mockery.

Glory to You, for Your Crucifixion, for Your Burial, for Your Resurrection.

Glory to You, for Your Resurrection, for being preached to all men and women, for being taken up to Heaven.

Glory to You Who sit at the Father's right hand and will return in glory.

Glory to You for willing that the sinner be saved through Your great Mercy and Compassion.

Amen.