

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 Precious Blood of Jesus

“My final prayer is this: that God will bless America, so that she may increasingly become—and truly be—and long remain—‘One Nation, under God, indivisible. With liberty and justice for all.’ God bless America! God bless America!”

+POPE SAINT JOHN PAUL II, DEPARTURE FROM WASHINGTON, D.C., OCTOBER 7, 1979

Monday, June 30 ~ Thirteenth Week in Ordinary Time

Optional Memorial: First Martyrs of the Holy Roman Church

Holy Gospel: Matthew 8:18-22 When Jesus saw a crowd around him, he gave orders to cross to the other shore. A scribe approached and said to him, “Teacher, I will follow you wherever you go.” Jesus answered him, “Foxes have dens and birds of the sky have nests, but the Son of Man has nowhere to rest his head.” Another of his disciples said to him, “Lord, let me go first and bury my father.” But Jesus answered him, “Follow me, and let the dead bury their dead.”

Meditation: When the Lord Jesus calls us to follow him, he invites us into a personal relationship of love and friendship. That relationship also involves the commitment of our entire lives to Jesus as Lord and Master, Teacher and Healer, Messiah and Savior. To follow Jesus is the greatest of all calls. What an awesome privilege and an awesome responsibility to be a disciple of Jesus Christ! What does it cost to be a disciple? For the first disciples, they paid the ultimate price for being a follower of Jesus by not renouncing Christ as Lord, Savior, Messiah; by not renouncing Christ’s teachings; by being steadfast disciples of Christ. A disciple must be willing to make sacrifices, even the sacrifice of his own life to follow Jesus as his Master and Lord. Notice how another would-be disciple responded by saying that he must first bury his father, that is go back home and take care of his father until he died. Jesus appealed to the man’s heart and told him to detach himself from whatever might keep him from following as his disciple.

Prayer: O God, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error but always be seen to stand in the bright light of truth. 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 + First Martyrs of the Holy Roman Church: O God, who consecrated that abundant first fruits of the Roman Church by the blood of the Martyrs, grant, we pray, that with firm courage we may together draw strength from so great a struggle and ever rejoice at the triumph of faithful love. 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.

For more information about today’s Optional Memorial, visit the following web page:
<https://americaneedsfatima.org/articles/the-first-martyrs-of-the-holy-roman-church>

Contemplation: What can keep us from giving our all to God? Fear, anxiety, self-concern, pre-occupation and attachment to other things, to name a few. Even spiritual things can get in the way of having God alone as our Treasure if we put them first. Detachment is a necessary step if we want to make the Lord our Treasure and Joy. It frees us to give ourselves without reserve to the Lord and to his service. There is nothing greater we can do with our lives than to place them at the service of the Lord and Master of the universe. We cannot out give God in generosity. Jesus promises that those who are willing to part with what is most dear to them for his sake “will receive a hundred times as much and will inherit eternal life” (Matthew 19:29). Is there anything holding you back from giving your all to the Lord?

Tuesday, July 1 ~ Thirteenth Week in Ordinary Time

Saint Junipero Serra, Priest

Holy Gospel: Matthew 8:23-27 As Jesus got into a boat, his disciples followed him. Suddenly a violent storm came up on the sea, so that the boat was being swamped by waves; but he was asleep. They came and woke him, saying, "Lord, save us! We are perishing!" He said to them, "Why are you terrified, O you of little faith?" Then he got up, rebuked the winds and the sea, and there was great calm. The men were amazed and said, "What sort of man is this, whom even the winds and the sea obey?"

Meditation: What is stronger than fear, even the fear of death? There are plenty of scripture passages which provide an answer: "There is no fear in love, but perfect love casts out fear" (1 John 4:18). The Wisdom of Solomon tells us that "love is stronger than death" (Song of Songs 8:6). Jesus' sleeping presence on the storm-tossed sea reveals the sleeping faith of his disciples. They feared for their lives even though their Lord and Master was with them in the boat. They were asleep to Christ while he was present to them in their hour of need. The Lord is ever present to us. And in our time of testing he asks the same question: Why are you afraid? Have you no faith? Do you recognize the Lord's presence with you, especially when you meet the storms of adversity, sorrow, or temptation? Whenever we encounter trouble, the Lord is there with the same reassuring message: "It is I, do not be afraid".

Prayer: O God, who by your ineffable mercy have been pleased through the labors of your priest Saint Junipero Serra to count many American peoples within your Church, grant by his intercession that we may so join our hearts to you in love, as to carry always and everywhere before all people the image 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: On the day of his election to the papacy in 1978, Pope John Paul II advised us: "Be not afraid." Several years later, on the third anniversary of Pope John Paul II's death, Pope Benedict XVI quite rightly reminded us of those words, adding that throughout his pontificate, John Paul II acted on those words "with unbending firmness - at first while carrying his bishop's staff with its cross, and later, when his physical strength was waning, almost while supporting himself on it, until that final Good Friday in which he participated in the Way of the Cross from his private chapel, holding the cross in his arms." John Paul II's final suffering, he said, "revealed to believers, and to the whole world, the secret of an entire Christian life." Pope John Paul II lived a life of faith, through many trials, tribulations, challenges, fears and anxieties. He knew that with Christ at his side, there was never any reason to fear. How do you face the challenges of life?

Wednesday, July 2 ~ Thirteenth Week in Ordinary Time

Holy Gospel: Matthew 8:28-34 When Jesus came to the territory of the Gadarenes, two demoniacs who were coming from the tombs met him. They were so savage that no one could travel by that road. They cried out, "What have you to do with us, Son of God? Have you come here to torment us before the appointed time?" Some distance away a herd of many swine was feeding. The demons pleaded with him, "If you drive us out, send us into the herd of swine." And he said to them, "Go then!" They came out and entered the swine, and the whole herd rushed down the steep bank into the sea where they drowned. The swineherds ran away, and when they came to the town they reported everything, including what had happened to the demoniacs. Thereupon the whole town came out to meet Jesus, and when they saw him they begged him to leave their district.

Meditation: Jesus took pity on these men who were overtaken by a legion of evil spirits. The destructive force of these demons is evident for all who can see as they flee and destroy a herd of swine. After Jesus freed the demoniacs the whole city came out to meet him. No one had demonstrated such power and authority against the forces of Satan as Jesus did. They feared Jesus as a result and begged him to leave them. Why would they not want Jesus to stay? Perhaps the price for such liberation from the power of evil and sin was more than they wanted to pay. Jesus is ready and willing to free us from anything that binds us and that keeps us from the love of God. Are you willing to part with anything that might keep you from his love and saving grace?

Prayer: God of justice, Father of truth, who guide creation in wisdom and goodness to fulfillment in Christ your Son, open our hearts to the truth of his Gospel, that your peace may rule in our hearts and your justice guide our lives. 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: There were a growing number of Christians in Rome within a dozen or so years after the death of Jesus. Wherever the Good News of Jesus was preached, it met the same opposition as Jesus did, and many of those who began to follow him shared his suffering and death. But no human force could stop the power of the Spirit unleashed upon the world. The blood of martyrs has always been, and will always be, the seed of Christians. When you face opposition from friend, family members, co-workers, neighbors, classmates – whomever – for living your life according to the teachings of Christ and his Catholic Church, fear not as you are in good company. Jesus was ridiculed and mocked for proclaiming the truth, his apostles and disciples were mocked and scored for living the truth. We live in an era where it is acceptable – even “fashionable” – to embrace a life of political correctness, an era where many do not want to offend a friend or go against a societal trend by saying “no” but have no problem turning away from God of offending him. Never shy away from living your life according to the laws of God and the teachings of Jesus Christ. Remember, you profess to be a disciple of Christ – prove it by your actions.

Thursday, July 3 ~ Thirteenth Week in Ordinary Time Feast of Saint Thomas, Apostle

Holy Gospel: John 20:24-29 Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, “We have seen the Lord.” But Thomas said to them, “Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.” Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.” Thomas answered and said to him, “My Lord and my God!” Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

Meditation: What gives us unshakeable hope and confidence in the face of death and defeat? The apostles abandoned Jesus in his hour of trial and lost hope when Jesus was handed over to the Romans for execution. They saw the cross as defeat rather than victory. They were slow to believe the reports of the resurrection until the Risen Lord appeared to them and reassured them of his presence and love. The last apostle to meet the resurrected Lord was the first to go with him to Jerusalem at Passover time. The apostle Thomas was a natural pessimist. When Jesus proposed that they visit Lazarus after receiving news of his illness, Thomas said to the disciples: “Let us also go, that we may die with him” (John 11:16). While Thomas deeply loved the Lord, he lacked the courage to stand with Jesus in his passion and crucifixion. After Jesus' death, Thomas made the mistake of withdrawing from the other apostles. He sought loneliness rather than fellowship in his time of adversity. He doubted the women who saw the resurrected Jesus and he doubted his own fellow apostles. When Thomas finally had the courage to rejoin the other apostles, the Lord Jesus made his presence known to him and reassured him that he had indeed overcome death and risen again. When Thomas recognized his Master, he believed and exclaimed that Jesus was truly Lord and truly God!

Prayer: Grant, almighty God, that we may glory in the Feast of the blessed Apostle Thomas, so that we may always be sustained by his intercession and, believing, may have life in the name of Jesus Christ your Son, whom Thomas acknowledged as the Lord. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: It is through the gift of faith that we, too, are able to recognize the presence of the risen Lord in our personal lives. The Holy Spirit reveals the Lord Jesus to us and helps us to grow in knowledge and understanding of God and his ways. Through the gift of faith we are able to proclaim that Jesus is our personal Lord and our God. He died and rose that we, too, might have new life in him. The Lord offers each of us new life in his Holy Spirit that we may know him personally and walk in this new way of life through the power of his resurrection. Do you believe in God's word and in the power of the Holy Spirit?

Friday, July 4 ~ Thirteenth Week in Ordinary Time ~ Independence Day ~

Holy Gospel: Matthew 9:9-13 As Jesus passed by, he saw a man named Matthew sitting at the customs post. He said to him, “Follow me.” And he got up and followed him. While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples. The Pharisees saw this and said to his disciples, “Why does your teacher eat with tax collectors and sinners?” He heard this and said, “Those who are well do not need a physician, but the sick do. Go and learn the meaning of the words, I desire mercy, not sacrifice. I did not come to call the righteous but sinners.”

Meditation: We live in a world where Jesus constantly invites each of us to follow him. And yet, on this day when we celebrate our country's birth, there are many reasons to celebrate the blessings that God has bestowed on our country, and causes for concern about the freedoms that some choose poorly to exercise. Does Christ invite us to follow him to view pornography? Does Jesus invite us to follow him by participating in any way in having an abortion? Does Christ invite people to be involved in gun and other forms of violence? Does Jesus invite us to rob and steal from each other, or treat others poorly? Of course not. There are so many things that people choose to do in this country that are contrary to God's way and the way of Christ. And yet so many Americans – including those who identify themselves Christian – regularly participate in these sinful acts and, in doing so, choose not follow Christ. On this day when we celebrate the birth of the United States of America, let us pray that our fellow citizens – men and women of all ages, walks of life, and religious faiths – will turn away from all that separates us from the love of God, and in doing so simply take up Jesus Christ on his personal invitation to each and every one of us when he says: "follow me." May our nation truly be, as we pledge to be, "one nation under God."

Prayer: Father of all nations and ages, we recall that day when our country claimed its place among the family of nations; for what has been achieved we give you thanks, for the work that remains we ask your help, and as you have called us from many peoples to be one nation, grant that, under your providence, our country may share your blessings with all the peoples of the earth. Through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.

Contemplation: What is God's call on your life? When Jesus saw Matthew sitting at his tax office – no doubt counting his day's profit – Jesus spoke only two words – "follow me." Those two words changed Matthew's life forever, from a self-serving profiteer to a God-serving apostle who would bring the treasures of God's kingdom to the poor and needy. Jesus says "follow me" to every man and woman on this earth. The question becomes, how do you respond to Jesus' invitation to follow him? Take Christ up on his personal invitation to "follow me," and in doing so let your life be forever changed.

A Prayer for Our Nation

God, Our Father, Giver of Life, We Entrust our Nation to your loving care. You are the rock on which this nation was founded. You alone are the true source of our cherished rights to life, liberty and the pursuit of happiness. Reclaim this land for your glory and dwell among your people. Send your spirit to touch the hearts of our nation's leaders. Open their minds to the great worth of human life and the responsibilities that accompany human freedom. Remind your people that true happiness is rooted in seeking and doing your will. Through the intercession of Mary Immaculate, patroness of our Land, Grant Us the Courage to reject the "Culture of Death". Lead us into a new millennium of life. We ask this through Christ, Our Lord, Amen.

A Prayer for Religious Freedom from the U.S. Conference of Catholic Bishops

O God our Creator, from your provident hand we have received our right to life, liberty, and the pursuit of happiness. You have called us as your people and given us the right and the duty to worship you, the only true God, and your Son, Jesus Christ.

Through the power and working of your Holy Spirit, you call us to live out our faith in the midst of the world, bringing the light and the saving truth of the Gospel to every corner of society.

We ask you to bless us in our vigilance for the gift of religious liberty.

Give us the strength of mind and heart to readily defend our freedoms when they are threatened; give us courage in making our voices heard on behalf of the rights of your Church and the freedom of conscience of all people of faith.

Grant, we pray, O heavenly Father, a clear and united voice to all your sons and daughters gathered in your Church in this decisive hour in the history of our nation, so that, with every trial withstood and every danger overcome — for the sake of our children, our grandchildren, and all who come after us — this great land will always be "one nation, under God, indivisible, with liberty and justice for all."

We ask this through Christ our Lord. Amen. Mary Immaculate, Patroness of the United States of America, Pray for Us. Our Lady of Guadalupe, Patroness of all the Americas and of unborn children, Pray for Us. St. Thomas More, Patron of Religious Freedom, Pray for Us.

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.