

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 December is dedicated to the Immaculate Conception

“If you believe what you like in the gospels, and reject what you don't like, it is not the gospel you believe, but yourself. Order your soul; reduce your wants; live in charity; associate in Christian community; obey the laws; trust in Providence.”

+SAINT AUGUSTINE

**Monday, December 8 ~ Second Week in the Season of Advent
Solemnity of the Immaculate Conception of the Blessed Virgin Mary
Patronal Feast Day of the United States of America
~ A Holy Day of Obligation ~**

Holy Gospel: Luke 1:26-38 The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, “Hail, full of grace! The Lord is with you.” But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end.” But Mary said to the angel, “How can this be, since I have no relations with a man?” And the angel said to her in reply, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.” Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her.

Meditation: Do you want to live a grace-filled life? I think we all do. The angel Gabriel salutes Mary as “full of grace.” To become the mother of the Savior, Mary was enriched by God with gifts to enable her to assume this awesome role. There is a venerable tradition among many Christians, dating back to the early church, for honoring Mary as the spotless virgin who bore the Son of God in her womb. A number of early Church fathers link Mary's obedience to this singular grace of God. One of them Saint Irenaeus, wrote: “Being obedient she became the cause of salvation for herself and for the whole human race. The knot of Eve's disobedience was united by Mary's obedience: what the virgin Eve bound through her disbelief, Mary loosened by her faith.”

Prayer: O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son, grant, we pray, that, as you preserved her from every stain by virtue of the Death of your Son, which you foresaw, so, through her intercession, we, too, may be cleansed and admitted to your presence. 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: When Adam and Eve disobeyed God, they immediately experienced the consequences of their action – separation from the God who loved them. God in his mercy promised them a Redeemer who would pay the price for their sin and the sin of the world. We see the marvelous unfolding of God's plan of redemption in the events leading up to the Incarnation, the birth of the Messiah. Mary's prompt response of “yes” to the divine message is a model of faith for all believers. Mary believed God's promises even when they seemed impossible. She was full of grace because she trusted that what God said was true and would be fulfilled. She was willing and eager to do God's will, even if it seemed difficult or costly. God gives us grace and he expects us to respond with the same willingness, obedience, and heart-felt trust as

Mary did. When God commands he also gives the grace, strength, and means to respond. We can either yield to his grace or resist and go our own way. Do you believe in God's promises and do you yield to his grace?

Tuesday, December 9 ~ Second Week in the Season of Advent

Optional Memorial: Saint Juan Diego

Holy Gospel: Matthew 18:12-14 Jesus said to his disciples: "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: This parable gives us a glimpse of the heart of a true shepherd, and the joy of a community reunited with its lost members. Shepherds not only had to watch over their sheep by day and by night; they also had to protect them from wolves and lions who preyed upon them, and from dangerous terrain and storms. Shepherds often had large flocks, sometimes numbering in the hundreds or thousands. It was common to inspect and count the sheep at the end of the day. You can imagine the surprise and grief of the shepherd who discovers that one of his sheep is missing! Does he wait until the next day to go looking for it? Or does he ask a neighboring shepherd if he might have seen the stray sheep? No, he goes immediately in search of this lost sheep. Delay for even one night could mean disaster leading to death. Sheep by nature are very social creatures. An isolated sheep can quickly become bewildered, disoriented, and even neurotic. Easy prey for wolves and lions!

Prayer: O God, who by means of Saint Juan Diego showed the love of the most holy Virgin Mary for your people, grant, through his intercession, that, by following the counsels our Mother gave at Guadalupe, we may be ever constant in fulfilling your will. 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.

A prayer to our Guardian Angel: Dear Guardian Angel, protect me in all the temptations and trials of this life. but most especially at the hour of my death, and do not leave me until thou hast conducted me into the presence of my creator in the mansions of everlasting happiness. Amen.

Contemplation: What was new in Jesus' teaching was the insistence that sinners must be sought out time and time again. How easy it can be to forget and be distracted with other matters while the lost become prey for devouring wolves of the soul. The Apostle Peter reminds us that the "devil prowls around like a roaring lion, seeking someone to devour" (ref. 1 Peter 5:8). God does not rejoice in the loss of anyone, but desires that we be saved and restored to friendship with him. That is why the whole community of heaven rejoices when one sinner is found and restored to fellowship with God. God is on a rescue mission today to save us from the destructive forces of sin and evil. Jesus, the Good Shepherd, watches over every step we take. Do you listen to his voice and heed his wise counsel? Do you follow the path he has set for you - a path that leads to life rather than death? Getting back on the right path always begins with the Sacrament of Reconciliation - don't let anything hold you back from making a good confession!

Wednesday, December 10 ~ Second Week in the Season of Advent

Optional Memorial: Our Lady of Loreto

Holy Gospel: Matthew 11:28-30 Jesus said to the crowds: "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: The Jewish people used the image of a yoke to express submission to God. They spoke of the yoke of the law, the yoke of the commandments, the yoke of the kingdom, the yoke of God. Jesus says his yoke is "easy." The Greek word for "easy" can also mean "well-fitting." Yokes were tailor-made to fit the oxen well. We are commanded to put on the "sweet yoke of Jesus" and to live the "heavenly way of life and happiness." Oxen were yoked two by two. Jesus invites us to be yoked with him, to unite our lives with him, our wills with his will, our heart with his heart. Jesus also says his "burden is light." There's a familiar story of a man who once met a boy carrying a smaller crippled lad on his back. "That's a heavy load you are carrying there," exclaimed the man. "He ain't heavy; he's my brother!" responded the boy. No burden is too heavy when it's given in love and carried in love. When we yoke our lives with Jesus, he also carries our burdens with us and gives us his strength to follow in his way of love. Do you know the joy of resting in Jesus' presence and walking daily with him along the path he has for you?

Prayer: Almighty God, who command us to prepare the way for Christ the Lord, grant in your kindness, we pray, that no infirmity may weary us as we long for the comforting presence of our heavenly physician. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Contemplation: In the Season of Advent we celebrate the coming of the Messianic King who ushers in the reign of God. The prophets foretold that the Messiah would establish God's kingdom of righteousness, peace, and joy. Those who put their trust in God and in the coming of his kingdom receive the blessings of that kingdom - peace with God and strength for living his way of love and holiness (ref. Isaiah 40). Jesus fulfills all the Messianic hopes and promises of God's kingdom. That is why he taught his disciples to pray, "thy kingdom come, thy will be done, on earth as it is in heaven" (ref. Matthew 6:10). In his kingdom sins are not only forgiven but removed, and eternal life is poured out for all its citizens. This is not a political kingdom, but a spiritual one. The yoke of Christ's kingdom, his kingly rule and way of life, liberates us from the burden of guilt and from the oppression of sin and hurtful desires. Only Jesus can lift the burden of sin and the weight of hopelessness from us. Jesus used the analogy of a yoke to explain how we can exchange the burden of sin and despair for a burden of glory and yoke of freedom from the grip of sin. The yoke which Jesus invites us to embrace is his way of grace and freedom from the power of sin. Do you trust in God's love and submit to his will for your life? If not, why not?

Thursday, December 11 ~ Second Week in the Season of Advent **Optional Memorial: Pope Saint Damasus I**

Holy Gospel: Matthew 11:11-15 Jesus said to the crowds: "Amen, I say to you, among those born of women there has been none greater than John the Baptist; yet the least in the Kingdom of heaven is greater than he. From the days of John the Baptist until now, the Kingdom of heaven suffers violence, and the violent are taking it by force. All the prophets and the law prophesied up to the time of John. And if you are willing to accept it, he is Elijah, the one who is to come. Whoever has ears ought to hear."

Meditation: John the Baptist is the last and greatest of the prophets of the old covenant. He fulfilled the essential task of all the prophets: to be fingers pointing to Christ, God's Anointed Son and Messiah. John proclaimed Jesus' mission at the Jordan River when he exclaimed, "Behold the Lamb of God who takes away the sins of the world" (ref. John 1:29). John saw from a distance what Jesus would accomplish through his death on the cross — our redemption from bondage to sin and death and our adoption as sons and daughters of God and citizens of the kingdom of heaven. John the Baptist bridges the Old and New Testaments. He is the last of the Old Testament prophets who point the way to the Messiah. He is the first of the New Testament witnesses and martyrs. He is the herald who prepares the way for Jesus the Messiah. Jesus confirms that John has fulfilled the promise that Elijah would return to herald the coming of the Messiah (Malachi 4:5). Jesus declares that John is nothing less than the great herald whose privilege it was to announce the coming of the Messiah. Jesus equates the coming of his kingdom with violence. John himself suffered violence for announcing that the kingdom of God was near. He was thrown into prison and then beheaded. Since John's martyrdom to the present times the kingdom of heaven has suffered violence and persecution at the hands of violent men. The blood of the martyrs throughout the ages bear witness to this fact. The martyrs witness to the truth — the truth and love of Jesus Christ who shed his blood to redeem us from slavery to sin and Satan and the fear of death. The Lord Jesus gives us the power of his Holy Spirit to overcome fear with faith, despair with hope, and every form of hatred, violence, jealousy, and prejudice with love and charity towards all — even those who seek to destroy and kill.

Prayer: Grant, we pray, O Lord, that we may constantly exalt the merits of your Martyrs, whom Pope Saint Damasus so venerated and loved. 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: God may call some of us to be martyrs for our faith in Christ. But for most of us our call is to be dry martyrs who bear testimony to the joy and truths of the laws of God and the teachings of Jesus Christ in the midst of daily challenges, contradictions, temptations and adversities which come our way as we faithfully follow the Lord Jesus. What attracts others to those who follow the truth of God and his son, Jesus Christ? When they see Christians loving their enemies, being joyful in suffering, patient in adversity, pardoning injuries, and showing comfort and compassion to the hopeless and the helpless. Jesus tells us that we do not need to fear our adversaries. He will give us sufficient grace, strength, and wisdom to face any trial and to answer any challenge to our faith. Are you eager to witness to the joy and freedom of the gospel today? In the coming year? At all times?

Friday, December 12 ~ Second Week in the Season of Advent Feast of Our Lady of Guadalupe

Holy Gospel: Luke 1:26-38 The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his Kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

Meditation: How does Mary respond to the word of God delivered by the angel Gabriel? She knows she is hearing something beyond human capability. It will surely take a miracle which surpasses all that God has done previously. Her question, "how shall this be, since I have no husband" is not prompted by doubt or skepticism, but by wonderment! She is a true hearer of the Word and she immediately responds with faith and trust. Mary's prompt response of "yes" to the divine message is a model of faith for all believers. Mary believed God's promises even when they seemed impossible. She was full of grace because she trusted that what God said was true and would be fulfilled. She was willing and eager to do God's will, even if it seemed difficult or costly. Mary is the "mother of God" because God becomes incarnate when he takes on flesh in her womb. When we pray the Nicene Creed, we state our confession of faith in this great mystery: "For us men and for our salvation he came down from heaven; by the power of the Holy Spirit, he was born of the Virgin Mary, and was made man". God gives us grace and he expects us to respond with the same willingness, obedience, and heart-felt trust as Mary did. When God commands he also gives the help, strength, grace and means to respond. We can either yield to his grace or resist and go our own way. Do you believe in God's promises? Do you yield to his grace? If not, why not?

Prayer: O God, Father of mercies, who placed your people under the singular protection of your Son's most holy Mother, grant that all who invoke the Blessed Virgin of Guadalupe, may seek with ever more lively faith the progress of peoples in the ways of justice and of peace. 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: Do you know the favor of the Lord? God lavishes his grace upon all who believe in him. He shows his favor to the lowly, to those who are humble and receptive to his word. We see the unfolding of God's plan of redemption in the events leading up to the Incarnation, the birth of the Messiah. The new era of salvation begins with the conception of Jesus in the womb of Mary. This child to be born is conceived by the gracious action of the Holy Spirit upon Mary, who finds favor with God. As Eve was the mother of all humanity doomed to sin, now Mary becomes the mother of the new Adam who will father a new humanity by his grace (Romans 5:12-21). This child to be conceived in her womb is the fulfillment of all God's promises. He will be "great" and "Son of the Most High" and "King" (Luke 1:32-33), and his name shall be called "Jesus," which means "the Lord saves." "He will save his people from their sins" (Matthew 1:21). The promise of an everlasting kingdom to the house of David (Isaiah 9:6-7) is fulfilled in the King to be born in Mary's womb. Let us prepare ourselves in these weeks of Advent to come and adore him.

Scripture passages (NAB translation) courtesy of the U.S. Conference of Catholic Bishops. Daily meditations and contemplations adapted from the Irish Jesuits' *Sacred Space* web page and *Biblical Medications for Ordinary Time* by Rev. Carroll Stuhlmueller, C.P.; prayers are from *The Roman Missal*, Catholic Book Publishing, 2011; information about saints, solemnities, feasts and memorials courtesy of the Catholic Culture web site.

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