

Lectio Divina

DAILY SCRIPTURE READING + MEDITATION + PRAYER + CONTEMPLATION

The month of July is dedicated to the Most Precious Blood of Jesus.

"As 'pride is the beginning of all sin' (Sirach 10:13), so humility is the foundation of all virtue. Learn to be really humble and not, as the hypocrite, humble merely in appearance." +SAINT BONAVENTURE

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

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. John contrasts these two kingdoms in the starkest of terms: We know that we are of God, and the whole world is in the power of the evil one (1 John 5:19).

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.

Prayer of Saint Bonaventure to Obtain the Seven Gifts of the Holy Spirit: "We, therefore, pray to the most kind Father through you, his only-begotten Son, who for us became man, was crucified and glorified, that he send us out of his treasures the Spirit of sevenfold grace who rested upon you in all fullness: the Spirit, I say, of WISDOM, that we may taste the life-giving flavors of the fruit of the tree of life, which you truly are; the gift also of UNDERSTANDING, by which the intentions of our mind are illumined; the gift of COUNSEL, by which we may follow in your footsteps on the right paths; the gift of FORTITUDE, by which we may be able to weaken the violence of our enemies' attacks; the gift of KNOWLEDGE, by which we may be filled with the brilliant light of your sacred teaching to distinguish good and evil; the gift of PIETY, by which we may acquire a merciful heart; the gift of FEAR, by which we may draw away from all evil and be set at peace by submitting in awe to your eternal majesty. For you have wished that we ask for these things in that sacred prayer which you have taught us; and now we ask to obtain them, through your cross, for the praise of your most holy name. to you, with the Father and the Holy Spirit, be honor and glory, thanksgiving, beauty and power, forever and ever. Amen.

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. Jesus sets before his disciples the one goal in life that is worth any sacrifice and that goal is the will of God which leads to everlasting life, peace, and joy with God.

Tuesday, July 16 ~ Fifteenth Week in the Season of Ordinary Time Our Lady of Mount Carmel

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: 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.

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?

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, and the Sabbatine Privilege. 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. For additional information about the benefits and promises associated with the Brown Scapular, visit: <https://www.sistersofcarmel.com/brown-scapular-information.php> .

Wednesday, July 17 ~ Fifteenth Week in the Season of Ordinary Time

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: 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: 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 18 ~ Fifteenth Week in the Season of Ordinary Time Saint Camillus de Lellis; Founder, Order of Saint Camillus

Holy Gospel: Matthew 11:28-30 Jesus said: "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: What does the yoke of Jesus refer to in the gospel? The Jews 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". Jesus also says his "burden is light". There's a 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. Think about it...no burden is ever too heavy when it is given in love and carried out in love.

Prayer: O God, who adorned the Priest Saint Camillus with a singular grace of charity towards the sick, pour out upon us, by his merits, a spirit of love for you, so that, serving you in our neighbor, we may, at the hour of our death, pass safely over to you. 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 offers us a new kingdom of righteousness, peace, and joy. 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 sinful habits 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 weight of glory and victory with him. The yoke which Jesus invites us to embrace is his way of love, grace, and freedom from the power of sin.

About Saint Camillus de Lellis: Saint Camillus' mother was nearly sixty years old when he was born (1550). As a youth he gave himself to the sinful pleasures of this world. His conversion dates from the feast of the Purification, 1575. Two attempts to enter the Capuchin Order were frustrated by an incurable sore on his leg. In Rome, Saint Camillus was received in a hospital for incurables; before long he was put

in charge because of his ability and zeal for virtue. He brought to the sick every imaginable kind of spiritual and bodily aid. At the age of thirty-two he began studying for Holy Orders and was not ashamed of being numbered with children. After ordination to the holy priesthood he founded a congregation of Regular Clerics, the "Ministers to the Sick." With invincible patience Camillus persevered day and night in the service of the sick, performing the meanest of duties. His love shone forth most brightly when the city of Rome was stricken by epidemic and famine, and when the plague raged at Nola. Having suffered five different maladies, which he called God's mercy, he died in Rome at the age of sixty-five. On his lips was the prayer for the dying: "May the face of Christ Jesus shine gloriously upon you." Leo XIII declared him the heavenly patron of hospitals and added his name in the litany for the dying.

About the Order of Saint Camillus: The Order of Saint Camillus – "The Camillans" – is a devout group of Roman Catholic men dedicated to caring for the sick, both in the United States and abroad, who follow in the footsteps of their Founder, Saint Camillus de Lellis. Over 400 years ago, Saint Camillus encouraged his followers to love the sick as deeply and unconditionally as a mother loves her sick child – it is still their mantra today. Visit their web page: <https://www.camillians.org/>.

Friday, July 19 ~ 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 the 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."

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 the Catholic Culture web site.



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