

Lectio Divina

Lectio Divina: Session 3

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O God, who through the fruitful virginity of
Blessed Mary
bestowed on the human race
the grace of eternal salvation,
grant, we pray,
that we may experience the intercession of her,
through whom we were found worthy
to receive the author of life,
our Lord Jesus Christ, your Son.
Who lives and reigns with you in the unity
of the Holy Spirit,
God, for ever and ever.
(Collect, Solemnity of Mary, Mother of God)

Read or listen to the following Scripture passage and be attentive to any words, phrases, thoughts, or images that come to mind, making a mental note of them.

Reading (Lectio)

Read the following Scripture and just focus on what the passage is saying. Take notice of any word, phrase, thought or image that catches your attention.

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the

sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled. (Luke 1:39-45)

What word or phrase caught your attention or what thought came to mind as you heard God's Word proclaimed?

Meditation (Meditatio)

Read the passage again, and this time focus on what speaks to you in this text and how it relates to your life.

You may use the following questions to guide your meditation if needed:

What might God be trying to say to you through that word, phrase or image that caught your attention initially?

*How does this happen to me, that the mother of my Lord should come to me? **How does Mary come to you? In what ways is she or can she be a mother to you?***

*Mary came to Elizabeth bearing the presence of the Lord in her womb and it caused great joy. **How might Mary bear the Lord's presence to you?***

What does Mary's role as our spiritual mother mean to you personally?

If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.

Prayer (*Oratio*)

Read the Scripture passage one more time. What do you want to say to the Lord? Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (*Contemplatio*)

Read the Scripture a final time, then rest in God's presence. Simply be with Him and listen for His voice. Allow His love and grace to fill you.

After a period of silent reflection conclude your time of prayer with the closing prayer below:

Closing Prayer

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

(Luke 1:46-55)

Living the Word (*Actio*)

*What one thing can I do this week to honor Mary,
or deepen my relationship with her?*



Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. All rights reserved.

Excerpts from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.