

Lectio Divina



Lectio Divina: Session 1

We begin our prayer:

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

Grant, we pray, almighty God,
that your faithful,
who rejoice under the patronage
of the most holy Virgin Mary,
may be freed by her motherly intercession
from all evils on earth
and merit the attainment of eternal joys in heaven.
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.

(Collect #8, Common of the Blessed Virgin Mary)

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.

On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, “They have no wine.” Jesus said to her, “Woman, how does your concern affect me? My hour has not yet come.” His mother said to the servers, “Do whatever he tells you.”

Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, “Fill the jars with water.” So they filled them to the brim. Then he

told them, “Draw some out now and take it to the headwaiter.” So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, “Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now.” Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him. (John 2:1-11)

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?

Share with Jesus who he is to you and what he means to you. Think of a time when you listened to his voice. What was the outcome? Share with Jesus what his presence or involvement during that time meant to you. Think of a time when you choose not to listen to him. Talk with Jesus about why you didn’t listen to him and then ask for his mercy, forgiveness, and the fortitude needed to do his will in the future.

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

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.

Inspired by this confidence
I fly unto thee,

O Virgin of virgins, my Mother.

To thee do I come,
before thee I stand,
sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

Living the Word (Actio)

This week, take a moment to think of something important you want to pray for. Bring that request to God in your own words, pouring your heart out to him. Then turn to Mary and ask her to join her prayer to yours and intercede on your behalf with her Son. Just as she recognized the needs of the wedding couple before anyone else did, and brought it to the attention of her Son, knowing that he could do something about it, trust that she knows your need and desires to bring it to her Son, so that he can do something about it.

As you conclude this prayer, contemplate Mary's command to "Do whatever he tells you," and ask Jesus for the grace needed to keep an open heart and mind to however he may respond and to whatever he may ask of you in response to your prayer. Ask the Holy Spirit for the wisdom to hear his voice clearly and for the fortitude to follow it.



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