We begin our prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Keep us alert, we pray, O Lord our God, as we await the advent of Christ your Son, so that, when he comes and knocks, he may find us watchful in prayer and exultant in his praise.
Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Monday of the First Week of Advent)

Reading (Lectio)
Read the following Scripture two or three times. Matthew 24:37-44

Jesus said to his disciples: “As it was in the days of Noah, so it will be at the coming of the Son of Man. In those days before the flood, they were eating and drinking, marrying and giving in marriage, up to the day that Noah entered the ark. They did not know until the flood came and carried them all away. So will it be also at the coming of the Son of Man. Two men will be out in the field; one will be taken, and one will be left. Two women will be grinding at the mill; one will be taken, and one will be left. Therefore, stay awake! For you do not know on which day your Lord will come. Be sure of this: if the master of the house had known the hour of night when the thief was coming, he would have stayed awake and not let his house be broken into. So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come.”

Meditation (Meditatio)
After the reading, take some time to reflect in silence on one or more of the following questions:
- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?
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. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (Contemplatio)
Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Therefore, stay awake! What distracts me from seeking to discern and know God’s will? How can I be more attentive to God’s active presence in my life?

For you do not know on which day your Lord will come. If I knew the Lord was coming today, what would I do? What can I do today to walk more closely with God?

So too, you also must be prepared, for at an hour you do not expect, the Son of Man will come. How am I preparing this Advent for Jesus’ coming? What do I need to do to make my heart ready to receive the Lord?

After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:

Pray for the peace of Jerusalem!
May those who love you prosper!
May peace be within your walls, prosperity in your buildings.

Because of my brothers and friends
I will say, “Peace be within you!”
Because of the house of the LORD, our God,
I will pray for your good.

(From Psalm 122)

Living the Word This Week

How can I make my life a gift for others in charity?

Fast from traditional and social media as much as possible this week to allow more time for prayer and reflection.

Closing Prayer:

I rejoiced because they said to me,
“We will go up to the house of the LORD.”
And now we have set foot within your gates, O Jerusalem.

Jerusalem, built as a city with compact unity.
To it the tribes go up, the tribes of the LORD.

According to the decree for Israel, to give thanks to the name of the LORD.
In it are set up judgment seats, seats for the house of David.


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We begin our prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

May the splendor of your glory dawn in our hearts, we pray, almighty God, that all shadows of the night may be scattered and we may be shown to be children of light by the advent of your Only Begotten Son. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, Saturday of the Second Week of Advent)

Reading (Lectio)
Read the following Scripture two or three times.
Matthew 3:1-12

John the Baptist appeared, preaching in the desert of Judea and saying, “Repent, for the kingdom of heaven is at hand!” It was of him that the prophet Isaiah had spoken when he said: A voice of one crying out in the desert, Prepare the way of the Lord, make straight his paths.

John wore clothing made of camel’s hair and had a leather belt around his waist. His food was locusts and wild honey. At that time Jerusalem, all Judea, and the whole region around the Jordan were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins.

When he saw many of the Pharisees and Sadducees coming to his baptism, he said to them, “You brood of vipers! Who warned you to flee from the coming wrath? Produce good fruit as evidence of your repentance. And do not presume to say to yourselves, ‘We have Abraham as our father.’ For I tell you, God can raise up children to Abraham from these stones. Even now the ax lies at the root of the trees. Therefore every tree that does not bear good fruit will be cut down and thrown into the fire. I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I. I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fan is in his hand. He will clear his threshing floor and gather his wheat into his barn, but the chaff he will burn with unquenchable fire.”

Meditation (Meditatio)
After the reading, take some time to reflect in silence on one or more of the following questions:
• What word or words in this passage caught your attention?
• What in this passage comforted you?
• What in this passage challenged you?

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. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

Contemplation (Contemplatio)
Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

“Repent, for the kingdom of heaven is at hand!”
What sinful desires am I struggling to master? How can I discipline my selfish will through prayer, fasting, or other penance?

Prepare the way of the Lord, make straight his paths. What crooked paths in my life need to be straightened? How can I help to address the suffering and injustice that I see around me?

Produce good fruit as evidence of your repentance. What near occasions of sin do I need to avoid? How can I make amends to those I have hurt through sin and selfishness?

After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:

Closing Prayer:

I will hear what God proclaims;
  the LORD—for he proclaims peace to his people.
Near indeed is his salvation to those who fear him,
  glory dwelling in our land.

Kindness and truth shall meet;
  justice and peace shall kiss.
Truth shall spring out of the earth,
  and justice shall look down from heaven.

The LORD himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps.

(From Psalm 72)

Living the Word This Week

How can I make my life a gift for others in charity?

Make plans to receive the Sacrament of Penance this Advent.
We begin our prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O God, who through your Only Begotten Son have made us a new creation, 
look kindly, we pray, 
on the handiwork of your mercy, 
and at your Son’s coming 
cleanse us from every stain of the old way of life.
Through our Lord Jesus Christ, your Son, 
who lives and reigns with you in the unity of the Holy Spirit, 
one God, for ever and ever.

(Collect, Tuesday of the Third Week of Advent)

Reading (Lectio)
Read the following Scripture two or three times.
Matthew 11:2-11

When John the Baptist heard in prison of the works of the Christ, he sent his disciples to Jesus with this question, “Are you the one who is to come, or should we look for another?” Jesus said to them in reply, “Go and tell John what you hear and see: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have the good news proclaimed to them. And blessed is the one who takes no offense at me.”

As they were going off, Jesus began to speak to the crowds about John, “What did you go out to the desert to see? A reed swayed by the wind? Then what did you go out to see? Someone dressed in fine clothing? Those who wear fine clothing are in royal palaces. Then why did you go out? To see a prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written:

Behold, I am sending my messenger ahead of you;
he will prepare your way before you.
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.”

Meditation (Meditatio)
After the reading, take some time to reflect in silence on one or more of the following questions:
- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

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. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.
**Contemplation (Contemplatio)**

*Read the Scripture again, followed by this reflection:*

What conversion of mind, heart, and life is the Lord asking of me?

*Are you the one who is to come, or should we look for another? Where do I go to feel God’s presence? When am I most aware of God acting in my life?*

The poor have the good news proclaimed to them. How can I accompany the poor and those at the margins? How do I proclaim the good news in my words and actions?

Yet the least in the kingdom of heaven is greater than he. What does it mean to be great in the sight of God? How do the world’s values distort my understanding of what it means to be great?

*After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:*

**Closing Prayer:**

The LORD God keeps faith forever,  
secures justice for the oppressed,  
gives food to the hungry.  
The LORD sets captives free.

The LORD gives sight to the blind;  
the LORD raises up those who were bowed down.  
The LORD loves the just;  
the LORD protects strangers.

The fatherless and the widow he sustains,  
but the way of the wicked he thwarts.  
The LORD shall reign forever;  
your God, O Zion, through all generations.

(From Psalm 146)

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**Living the Word This Week**

*How can I make my life a gift for others in charity?*

In this season of giving, donate your time, treasure, or talent to those in need.

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We begin our prayer:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come quickly, we pray, Lord Jesus, and do not delay, that those who trust in your compassion may find solace and relief in your coming. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

(Collect, December 24, Mass in the Morning)

Reading (Lectio)
Read the following Scripture two or three times.
Matthew 1:18-24

This is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.” All this took place to fulfill what the Lord had said through the prophet:

Behold, the virgin shall conceive and bear a son, and they shall name him Emmanuel, which means “God is with us.” When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.

Meditation (Meditatio)
After the reading, take some time to reflect in silence on one or more of the following questions:
- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?
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. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.
Contemplation (Contemplatio)

Read the Scripture again, followed by this reflection:

What conversion of mind, heart, and life is the Lord asking of me?

Joseph ... was a righteous man. How do my actions testify to my faith? How can I be more active in pursuing justice and righteousness?

Do not be afraid. What fears keep me from following God’s will for me? How can I grow in trust of God’s loving providence?

He did as the angel of the Lord had commanded him. How do I discern what God is calling me to do? How can I have the courage and discipline needed to follow God’s commands?

After a period of silent reflection and/or discussion, all recite the Lord’s Prayer and the following:

Closing Prayer:

The LORD’s are the earth and its fullness; 
 the world and those who dwell in it. 
For he founded it upon the seas 
 and established it upon the rivers.

Who can ascend the mountain of the LORD? 
 or who may stand in his holy place? 
One whose hands are sinless, whose heart is clean, 
 who desires not what is vain.

He shall receive a blessing from the LORD, 
 a reward from God his savior. 
Such is the race that seeks for him, 
 that seeks the face of the God of Jacob.

(From Psalm 24)

Living the Word This Week

How can I make my life a gift for others in charity?

Support families facing difficult pregnancies with prayer and support for local pro-life agencies.


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