

Lectio Divina for the Twentieth Week in Ordinary Time August 18, 2024

We begin our prayer:

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

Reading (Lectio)

O God, who have prepared for those who love you good things which no eye can see, fill our hearts, we pray, with the warmth of your love, so that, loving you in all things and above all things, we may attain your promises, which surpass every human desire. 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.

(Collect, Twentieth Sunday in Ordinary Time)

Reading (Lectio)

Read the following Scripture two or three times.

John 6:51-58

Jesus said to the crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- Did this scripture passage remind you of a personal experience, story, or another scripture passage?
- 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?

Living the Word This Week

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

Spend some time in prayer before the Blessed Sacrament.

Whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world. What effects does the Eucharist have in my life? How can I give of myself for the world?

Whoever eats my flesh and drinks my blood remains in me and I in him. How does the Eucharist help me to draw closer to Jesus? How do I see the fruits of the Eucharist in my life?

Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. Where is the Father sending me? How can I prepare to fulfill that mission?

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

Closing Prayer:

I will bless the LORD at all times;
his praise shall be ever in my mouth.
Let my soul glory in the LORD;
the lowly will hear me and be glad.

Glorify the LORD with me,
let us together extol his name.
I sought the LORD, and he answered me
and delivered me from all my fears.

Look to him that you may be radiant with joy,
and your faces may not blush with shame.
When the poor one called out, the LORD heard,
and from all his distress he saved him.

(From Psalm 34)



THE BREAD THAT I WILL GIVE IS MY FLESH
**FOR THE LIFE
OF THE WORLD**



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