



**Archdiocese of St. Louis**  
**Office of Sacred Worship**  
**Lectio Divina**  
**Fourth Sunday of Advent, Cycle C**  
**Lectionary: 012: Mi 5:1-4a/Heb 10:5-10/Lk 1:39-45**

Read the following passage four times.

- The first reading, simply read the scripture and pause for a minute.  
Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- The second reading, look for a key word or phrase that draws your attention.  
Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "*Where does the content of this reading touch my life today?*"  
Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "*I believe that God wants me to . . . . . today/this week.*"  
Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

**First Reading**

*Micah 5:1-4a*

Thus says the LORD: You, Bethlehem-Ephrathah too small to be among the clans of Judah, from you shall come forth for me one who is to be ruler in Israel; whose origin is from of old, from ancient times. Therefore, the Lord will give them up, until the time when she who is to give birth has borne, and the rest of his kindred shall return to the children of Israel. He shall stand firm and shepherd his flock by the strength of the LORD, in the majestic name of the LORD, his God; and they shall remain, for now his greatness shall reach to the ends of the earth; he shall be peace.



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**Responsorial Psalm**

*Ps 80:2-3, 15-16, 18-19*

***R. (4) Lord, make us turn to you; let us see your face and we shall be saved.***

O shepherd of Israel, hearken, from your throne upon the cherubim, shine forth. Rouse your power, and come to save us.

***R. Lord, make us turn to you; let us see your face and we shall be saved.***

Once again, O LORD of hosts, look down from heaven, and see; take care of this vine, and protect what your right hand has planted the son of man whom you yourself made strong.

***R. Lord, make us turn to you; let us see your face and we shall be saved.***

May your help be with the man of your right hand, with the son of man whom you yourself made strong. Then we will no more withdraw from you; give us new life, and we will call upon your name.

***R. Lord, make us turn to you; let us see your face and we shall be saved.***



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**Second Reading**

*Hebrews 10:5-10*

Brothers and sisters: When Christ came into the world, he said: "Sacrifice and offering you did not desire, but a body you prepared for me; in holocausts and sin offerings you took no delight. Then I said, 'As is written of me in the scroll, behold, I come to do your will, O God.'"

First he says, "Sacrifices and offerings, holocausts and sin offerings, you neither desired nor delighted in." These are offered according to the law. Then he says, "Behold, I come to do your will." He takes away the first to establish the second. By this "will," we have been consecrated through the offering of the body of Jesus Christ once for all.



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**Alleluia**

*Lk 1:38*

**R. Alleluia, alleluia.**

Behold, I am the handmaid of the Lord. May it be done to me according to your word.

**R. Alleluia, alleluia.**

**Gospel**

*Luke 1:39-45*

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, "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."