



**Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina**

Thursday of the First Week in Ordinary Time Year I

Lectionary: 308: Heb 3:7-14/Ps 95:6-7c, 8-9, 10-11/ See Mt 4:23/Mk 1:40-45

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.

Reading

Heb 3:7-14

The Holy Spirit says: Oh, that today you would hear his voice, "Harden not your hearts as at the rebellion in the day of testing in the desert, where your ancestors tested and tried me and saw my works for forty years. Because of this I was provoked with that generation and I said, 'They have always been of an erring heart, and they do not know my ways.' As I swore in my wrath, 'they shall not enter into my rest.'" Take care, brothers and sisters, that none of you may have an evil and unfaithful heart, so as to forsake the living God. Encourage yourselves daily while it is still "today," so that none of you may grow hardened by the deceit of sin. We have become partners of Christ if only we hold the beginning of the reality firm until the end.



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Responsorial Psalm

Ps 95:6-7c, 8-9, 10-11

R. (8) If today you hear his voice, harden not your hearts.

Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides.

R. If today you hear his voice, harden not your hearts.

Oh, that today you would hear his voice: "Harden not your hearts as at Meribah, as in the day of Massah in the desert, where your fathers tempted me; they tested me though they had seen my works."

R. If today you hear his voice, harden not your hearts.

Forty years I was wearied of that generation; I said: "This people's heart goes astray; they do not know my ways." Therefore, I swore in my anger: "They shall never enter my rest."

R. If today you hear his voice, harden not your hearts.



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Alleluia

See Mt 4:23

R. Alleluia, alleluia.

Jesus preached the Gospel of the Kingdom and cured every disease among the people.

R. Alleluia, alleluia.

Gospel

Mk 1:40-45

A leper came to him and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched the leper, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once. Then he said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.