



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

**Twentieth Sunday of Ordinary Time Cycle B**

**Lectionary: 119: Proverbs 9:1-6/Ps 34:2-3, 4-5, 6-7/Eph 5:15-20/Jn 6:51/Jn 6:51-58**

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**

*Proverbs 9:1-6*

Wisdom has built her house, she has set up her seven columns; she has dressed her meat, mixed her wine, yes, she has spread her table. She has sent out her maidens; she calls from the heights out over the city: "Let whoever is simple turn in here; to the one who lacks understanding, she says, come, eat of my food, and drink of the wine I have mixed! Forsake foolishness that you may live; advance in the way of understanding."



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**Responsorial Psalm**

*Ps 34:2-3, 4-5, 6-7*

***R. (9a) Taste and see the goodness of the Lord.***

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.

***R. Taste and see the goodness of the Lord.***

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.

***R. Taste and see the goodness of the Lord.***

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.

***R. Taste and see the goodness of the Lord.***



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**Second Reading**

*Ephesians 5:15-20*

Brothers and sisters: Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.



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**Alleluia**

*Jn 6:51*

**R. Alleluia, alleluia.**

I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever.

**R. Alleluia, alleluia.**

**Gospel**

*Jn 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."