

*The WORD of GOD  
listened and lived out,  
fills us with the sentiments  
of the Heart of Christ*

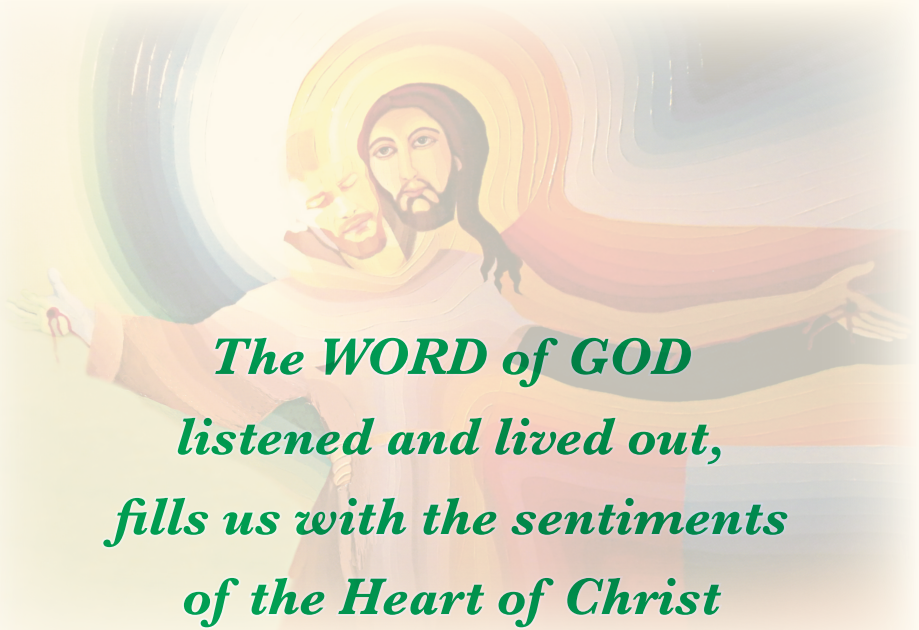


**LECTIO DIVINA**

**Year 2021 - 2022**

# ***LECTIO DIVINA***

**Year 2021 - 22**



***The WORD of GOD  
listened and lived out,  
fills us with the sentiments  
of the Heart of Christ***

## **SOURCES OF REFERENCE:**

**Sacred Scriptures: *Gospels - Acts of the Apostles -***

***Letters of Saint Paul***

**Apostolic exhortation: *Fratelli tutti***

**Constitutions and Directory**

**Document of the XX General Chapter 2017**

**Congregational Sources: F3**

Rome, 3 October, 2021  
Transitus of St. Francis of Assisi

Dearest Sisters,

as usual this year 2021-22 we continue our *'listening' to the Word of God* to take on more and more the life of Jesus, His life style, His sentiments, His relationships.

We are living in an “intense Franciscan time” in which we celebrate significant life events of our Founder par excellence, St. Francis, who reminds us of a path of peace and joy to be traced together.

The congregational formative theme of this year, on which each sister and every fraternity has to consider, is

***“... with the Heart of Christ Crucified”***

This time of insecurity and discomfort requires of us attention and the ability to listen, to discern, to welcome ... just as Jesus feels in His heart and, consequently, He shows us how to act, in joy and suffering. We are called to inflame in us the sentiments that the Heart of Jesus has and to live them continuously, always in new and creative ways.

Keeping in mind the introduction of the *Document of the XX General Chapter 2017*, the journey with the Word intends to help us to reflect, to meditate and to live with the style of the virtues proper to our missionary spirituality.

Following the *Constitutions and the Directory*, the attitudes and virtues of the Heart of Jesus, specific to our Spirituality, are highlighted.

For this reason, each Lectio has as its title an attitude or a virtue and, subsequently

- presents a specific ***biblical passage***,
- gives a passage from the ***Encyclical “Fratelli tutti”*** which orients the Gospel message in these times,
- recalls the number of the ***Constitutions, Directory or other of ours sources*** that highlight the attitude, the style, the humanity of the Heart of Jesus in us.

Contemplating His Word “*we learn to fix our gaze on Jesus Crucified, the first missionary, who gives us blood and water and sends us to announce the Easter Message*” (Chap.Doc.1 page 40), to bring to everyone the love with His tenderness, His mercy, His hope “*especially when we bend down and touch the suffering of the least, the ‘waste’ of society, the crucified ones of our time*” (Chap. Doc. n 8 p. 41) that we often also discover next to us.

Like Mary and Joseph, through the Word, we participate in the mission of Jesus, the Missionary of the Father, wherever we are, and with joy and courage let us continue together by opening our “*T*” to the “*we*”, as the Church indicates and urges us in these times of synodality.

United in the Spirit let us meditate and pray, and allow the Word to penetrate and make our daily life ever new in Him.

*Sr Paola Dotto*  
*Superior general*  
*Sisters of the general Council*

## **1. PUT on the SENTIMENTS of the HEART of CHRIST (Const 21,2)**

### **FROM THE LETTER OF ST PAUL TO THE (Rm 12: 9-18)**

Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor.

Do not grow slack in zeal, be fervent in spirit, serve the Lord.

Rejoice in hope, endure in affliction, persevere in prayer.

Contribute to the needs of the holy ones, exercise hospitality.

Bless those who persecute (you), bless and do not curse them.

Rejoice with those who rejoice, weep with those who weep.

Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation.

Do not repay anyone evil for evil; be concerned for what is noble in the sight of all. If possible, on your part, live at peace with all.

### ***Work of God***

### **FRATELLI TUTTI 84, 95**

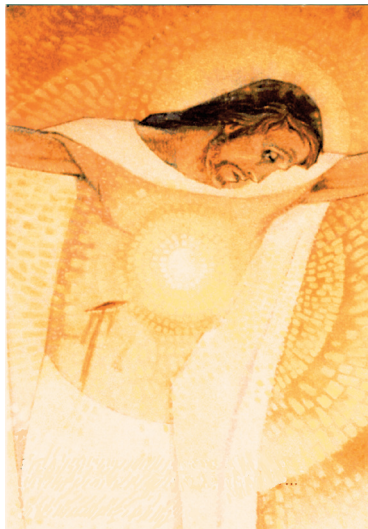
... Saint Paul urges us to “rejoice with those who rejoice, weep with those who weep” (Rom 12:15). When our hearts do this, they are capable of identifying with others without worrying about where they were born or come from. In the process, we come to experience others as our “own flesh” (Is 58:7).

Love also impels us towards universal communion. No one can mature or find fulfilment by withdrawing from others. By its very nature, love calls for growth in openness and the ability to accept others as part of a continuing adventure that makes every periphery converge in a greater sense of mutual belonging. As Jesus told us: “You are all brothers” (Mt 23:8).

*The journey of conformity to Christ Crucified commits us to assume the sentiments of His Heart to become, in the Church and in the world wherever we are sent, witness to His redemptive Love. Doc Cap 2017 p. 40*

## **Constitutions Art. 21**

§ 2. Immersed in sentiments of love for the Sacred Heart, she increases her charity and acquires that deep freedom which transforms her life into a source of spiritual and apostolic fruitfulness.



## **2. LIVING CHARITY and HUMILITY** **with FORTITUDE (Const. 5)**

### **FROM THE GOSPEL OF LUKE (Lc 2: 41-52)**

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom.

After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it.

Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him.

After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers.

When his parents saw him, they were astonished, and his mother said to him, “Son, why have you done this to us? Your father and I have been looking for you with great anxiety.”

And he said to them, “Why were you looking for me? Did you not know that I must be in my Father’s house?” But they did not understand what he said to them. He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced (in) wisdom and age and favor before God and man.

*Word of the Lord*



## FRATELLI TUTTI 78

Let us seek out others and embrace the world as it is, without fear of pain or a sense of inadequacy, because there we will discover all the goodness that God has planted in human hearts.

Difficulties that seem overwhelming are opportunities for growth, not excuses for a glum resignation that can lead only to acquiescence. Yet let us not do this alone, as individuals... we too are called to unite as a family that is stronger than the sum of small individual members. For “the whole is greater than the part, but it is also greater than the sum of its parts”.

## CONSTITUTIONS Art. 65

Ready to live joyfully the constant relation between the missionary charism and the cross, the missionary sister finds in prayer, in the support of the sisters and in the guidance of the Superiors, the strength to persevere for the love of the Gospel, in her difficulties and in fatigues.





### **3.RESPONDING to the REDEPTIVE LOVE** **(Const 4)**

#### **FROM THE GOSPEL OF JOHN (Jn 19:25-37)**

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala.

When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son."

Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. After this, aware that everything was now finished, in order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.

When Jesus had taken the wine, he said, "It is finished."

And bowing his head, he handed over the spirit.

Now since it was preparation day, in order that the bodies might not remain on the cross on the sabbath, for the sabbath day of that week was a solemn one, the Jews asked Pilate that their legs be broken and they be taken down. So the soldiers came and broke the legs of the first and then of the other one who was crucified with Jesus.

But when they came to Jesus and saw that he was already dead, they but one soldier thrust his lance into his side, and immediately blood and water flowed out.

An eyewitness has testified, and his testimony is true; he knows that he is speaking the truth, so that you also may (come to) believe. For this happened so that the scripture passage might be fulfilled: "Not a bone of it will be broken." And again another passage says: "They will look upon him whom they have pierced."

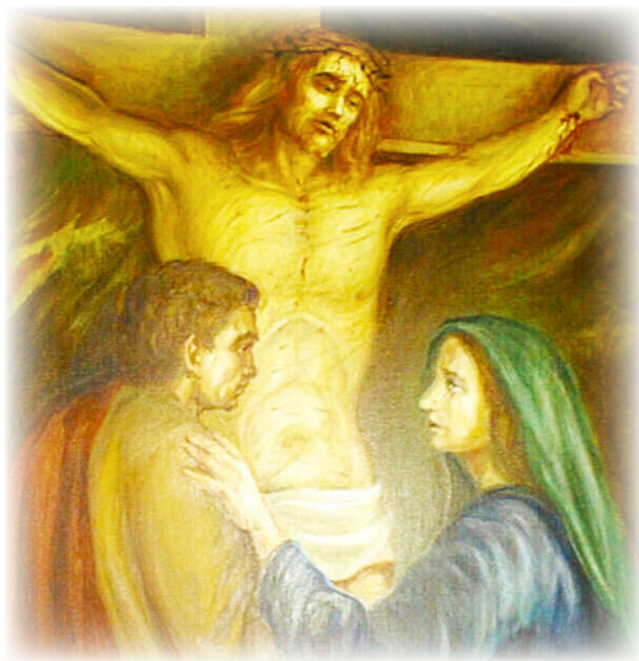
*Word of the Lord*

## **FRATELLI TUTTI 85**

Faith has untold power to inspire and sustain our respect for others, for believers come to know that God loves every man and woman with infinite love and “thereby confers infinite dignity” upon all humanity. We likewise believe that Christ shed his blood for each of us and that no one is beyond the scope of his universal love.

## **CONSTITUTIONS Art. 56**

The sisters in fidelity to the apostolic and missionary charism of the institute wish to respond to the redemptive love of Christ and to His divine plan of salvation. They do so by dedicating themselves, wherever they are sent, to the task of evangelization.



## **4. ACCEPTING each other with PROFOUND BENEVOLENCE (Const. 4)**

### **FROM THE LETTER OF ST PAUL TO THE EPHESIANS**

(Eph. 4:1-3, 29-32)

I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace...

No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear.

And do not grieve the holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. (And) be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

*Word of God*

### **FRATELLI TUTTI 112, 113**

... The New Testament describes one fruit of the Holy Spirit (cf. Gal 5:22) as *agathosyne*; the Greek word expresses attachment to the good, pursuit of the good. Even more, it suggests a striving for excellence and what is best for others, their growth in maturity and health, the cultivation of values and not simply material wellbeing. A similar expression exists in Latin: *benevolentia*. This is an attitude that “wills the good” of others; it bespeaks a yearning for goodness, an inclination towards all that is fine and excellent, a desire to fill the lives of others with what is beautiful, sublime and edifying.

... Let us return to promoting the good, for ourselves and for the whole human family, and thus advance together towards an authentic and integral growth.  
cose belle, sublimi, edificanti.

### **CONSTITUTIONS Art. 23**

Through her duty of continual formation, the sister strives to:

- live fully her chastity for Christ and for the coming of His Kingdom in the typically Franciscan and missionary dimension in an attitude of openness and kindness towards all creatures.

### **CONSTITUTIONS Art. 30**

§ 2. The union they live in the Eucharist is revealed in their life in community. To give witness to the unifying force of this action of grace, the sisters:

- help each other in their commitment to personal sanctification;
- offer themselves and all their talents for the growth and renewal of the community;
- accept one another with love and forgive each other reciprocally;
- support each other in their efforts and in their difficulties;
- willingly serve and obey each other.



## **5.PROCLAIMING THE GOSPEL**

### **with APOSTOLIC ZEAL (Const. 4)**

#### **FROM THE FIRST LETTER OF ST PAUL TO THE CORINTHIANS**

(1 Cor 9:16-23)

If I preach the gospel, this is no reason for me to boast, for an obligation has been imposed on me, and woe to me if I do not preach it!

If I do so willingly, I have a recompense, but if unwillingly, then I have been entrusted with a stewardship.

What then is my recompense? That, when I preach, I offer the gospel free of charge so as not to make full use of my right in the gospel.

Although I am free in regard to all, I have made myself a slave to all so as to win over as many as possible.

To the Jews I became like a Jew to win over Jews; to those under the law I became like one under the law - though I myself am not under the law - to win over those under the law.

To those outside the law I became like one outside the law - though I am not outside God's law but within the law of Christ - to win over those outside the law. To the weak I became weak, to win over the weak. I have become all things to all, to save at least some. All this I do for the sake of the gospel, so that I too may have a share in it.

*Word of God*

#### **FRATELLI TUTTI 277**

... we Christians are very much aware that "if the music of the Gospel ceases to resonate in our very being, we will lose the joy born of compassion, the tender love born of trust, the capacity for reconciliation that has its source in our knowledge that we

have been forgiven and sent forth. If the music of the Gospel ceases to sound in our homes, our public squares, our workplaces, our political and financial life, then we will no longer hear the strains that challenge us to defend the dignity of every man and woman”.

Others drink from other sources. For us the wellspring of human dignity and fraternity is in the Gospel of Jesus Christ. From it, there arises, “for Christian thought and for the action of the Church, the primacy given to relationship, to the encounter with the sacred mystery of the other, to universal communion with the entire human family, as a vocation of all”.

### CONSTITUTIONS Art. 63

§ 2. The sisters, in response to the redemptive love of the Heart of Christ crucified, are sent anywhere in the world to proclaim the Gospel by example, word and testimony of fraternal life.

### CONSTITUTIONS Art. 67

§ 2. Each sister zealously performs the task entrusted to her in a spirit of obedience and in Franciscan minority. She feels in solidarity with the brethren, aware that she is contributing to the growth of the mystical body of Christ helping to redeem humanity from evil.



## **6. MANIFESTING the COMPASSION of the HEART of CHRIST (Const. 74)**

### **FROM THE GOSPEL OF LUKE (Lc 10:25-37)**

There was a scholar of the law who stood up to test him and said, “Teacher, what must I do to inherit eternal life?”

Jesus said to him, “What is written in the law? How do you read it?”

He said in reply, “You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.”

He replied to him, “You have answered correctly; do this and you will live.” But because he wished to justify himself, he said to Jesus, “And who is my neighbor?”

Jesus replied, “A man fell victim to robbers as he went down from Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead.

A priest happened to be going down that road, but when he saw him, he passed by on the opposite side. Likewise a Levite came to the place, and when he saw him, he passed by on the opposite side. But a Samaritan traveler who came upon him was moved with compassion at the sight.

He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn and cared for him.

The next day he took out two silver coins and gave them to the innkeeper with the instruction, “Take care of him. If you spend more than what I have given you, I shall repay you on my way back.”

Which of these three, in your opinion, was neighbor to the robbers’ victim?” He answered, “The one who treated him with mercy.” Jesus said to him, “Go and do likewise.”

*Word of the Lord*



## FRATELLI TUTTI 67

The parable shows us how a community can be rebuilt by men and women who identify with the vulnerability of others, who reject the creation of a society of exclusion, and act instead as neighbours, lifting up and rehabilitating the fallen for the sake of the common good.

At the same time, it warns us about the attitude of those who think only of themselves and fail to shoulder the inevitable responsibilities of life as it is.

## CONSTITUTIONS Art. 74

Following the example of St. Francis who began to follow Christ by bowing before the suffering lepers, the Franciscan sister exercises her ministry with that compassionate love which draws from the Heart of Christ and helps the suffering to understand the redemptive value of their loneliness and pain.



## DIRECTORY Art. 50

§ 2. Each time she goes among the people to proclaim the Word of truth and hope, she:

- is sisterly in the face of every sorrow always giving evidence of the compassion of the Heart of Christ.

## **7. RADIATE THE CHARITY OF HIS HEART**

**(F. 3 p. 184)**

**FROM THE GOSPEL OF MATTHEW** (Mt 25:31-40)

“When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him.

And he will separate them one from another, as a shepherd separates the sheep from the goats.

He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’

Then the righteous 16 will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’

And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

*Word of the Lord*

**FRATELLI TUTTI 87**

Human beings are so made that they cannot live, develop and find fulfilment except “in the sincere gift of self to others”...

No one can experience the true beauty of life without relating to others, without having real faces to love.

This is part of the mystery of authentic human existence. “Life exists where there is bonding, communion, fraternity; and life is stronger than death when it is built on true relationships and bonds of fidelity. On the contrary, there is no life when we claim to be self-sufficient and live as islands: in these attitudes, death prevails”.

### **FRATELLI TUTTI 88**

In the depths of every heart, love creates bonds and expands existence, for it draws people out of themselves and towards others. Since we were made for love, in each one of us “a law of ekstasis” seems to operate: “the lover ‘goes outside’ the self to find a fuller existence in another”. For this reason, “man always has to take up the challenge of moving beyond himself”.

***May our good Lord Jesus make the heart of each of His missionaries radiate the charity of His Heart. F3 p. 160***



## 8. HAVING a HEART that LISTEN (Dir. 50)

### FROM THE GOSPEL OF MARK (Mc 10:46-52)

They came to Jericho. And as he was leaving Jericho with his disciples and a sizable crowd, Bartimaeus, a blind man, the son of Timaeus, sat by the roadside begging.

On hearing that it was Jesus of Nazareth, he began to cry out and say, “Jesus, son of David, have pity on me.”

And many rebuked him, telling him to be silent. But he kept calling out all the more, “Son of David, have pity on me.”

Jesus stopped and said, “Call him.” So they called the blind man, saying to him, “Take courage; get up, he is calling you.”

He threw aside his cloak, sprang up, and came to Jesus.

Jesus said to him in reply, “What do you want me to do for you?” The blind man replied to him, “Master, I want to see.”

Jesus told him, “Go your way; your faith has saved you.”

Immediately he received his sight and followed him on the way.

*Word of the Lord*

### FRATELLI TUTTI 48

The ability to sit down and listen to others, typical of interpersonal encounters, is paradigmatic of the welcoming attitude shown by those who transcend narcissism and accept others, caring for them and welcoming them into their lives. Yet “today’s world is largely a deaf world... At times, the frantic pace of the modern world prevents us from listening attentively to what another person is saying. Halfway through, we interrupt him and want to contradict what he has not even finished saying.

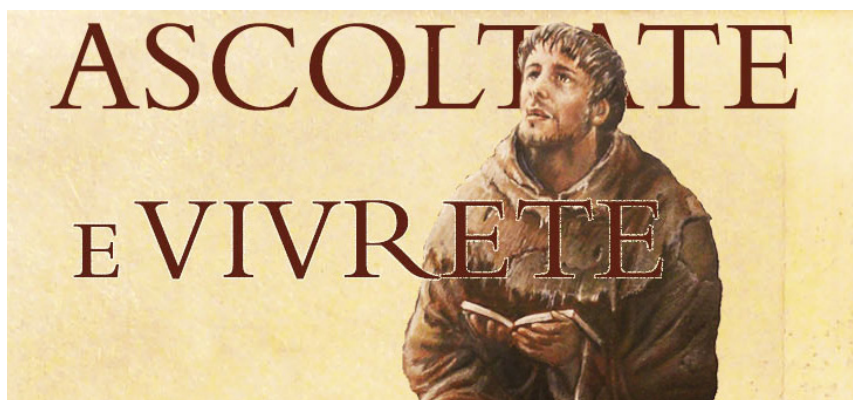
We must not lose our ability to listen”.

Saint Francis “heard the voice of God, he heard the voice of the poor, he heard the voice of the infirm and he heard the voice of nature. He made of them a way of life. My desire is that the seed that Saint Francis planted may grow in the hearts of many”.

## **DIRECTORY** Art. 50

§ 2. Each time she goes among the people to proclaim the Word of truth and hope, she:

- manifests her serenity and readiness to listen.



## 9. BEING WITNESS of HOPE

(Const. 72)

### FROM THE LETTER OF ST PAUL TO THE ROMANS (Rm 5:1-5)

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access (by faith) to this grace in which we stand, and we boast in hope of the glory of God.

Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.

*Word of God*

### FRATELLI TUTTI 55

I invite everyone to renewed hope, for hope “speaks to us of something deeply rooted in every human heart, independently of our circumstances and historical conditioning.

Hope speaks to us of a thirst, an aspiration, a longing for a life of fulfillment, a desire to achieve great things, things that fill our heart and lift our spirit to lofty realities like truth, goodness and beauty, justice and love...

Hope is bold; it can look beyond personal convenience, the petty securities and compensations which limit our horizon, and it can open us up to grand ideals that make life more beautiful and worthwhile”.

Let us continue, then, to advance along the paths of hope.

## CONSTITUTIONS Art. 8

§ 1. By profession of the evangelical counsels, by means of public vows of obedience, poverty and chastity, the Franciscan missionary sister of the Sacred Heart chooses a radical following of Christ, witnesses to all the people the great hope of heavenly goods according to the gospel way of life given to us by St. Francis.

## CONSTITUTIONS Art. 72

§ 2. the sister constantly evaluates her teaching in a spirit of Franciscan humility and of hope.





## 10. BEING MEEK and HUMBLE of HEART

(F3 p.183)

**FROM THE GOSPEL OF MATTHEW** (Mt 11:28-30)

At that time Jesus said in reply, “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike.

Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves.

For my yoke is easy, and my burden light.”

*Word of the Lord*

**FRATELLI TUTTI** 194

... “What is tenderness? It is love that draws near and becomes real. A movement that starts from our heart and reaches the eyes, the ears and the hands... Tenderness is the path of choice for the strongest, most courageous men and women”.

*Missionaries of the Sacred Heart!  
May our life be a continuous study  
to reproduce in us the virtues of that adorable Heart...  
humility, the basis of all virtues and charity...  
(F 3 p.159)*

## CONSTITUTIONS Art. 40

In fidelity to the spirit of the Congregation, personal and communal prayer of the sister is:

- evangelical and penitential and thus confident, vigilant and humble;
- animated with seraphic charity which expresses itself in gratitude, praise and blessing;
- open to the concerns of the Church and incarnated in the human history.



## **11.STAYING in the CHURCH, with MARY** **(Const. 48)**

### **FROM THE ACTS OF THE APOSTLES (At 1:12-14)**

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away.

When they entered the city they went to the upper room where they were staying, Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Zealot, and Judas son of James.

All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers.

*Word of God*

### **FRATELLI TUTTI 276**

... this is the Church, open to bearing witness in today's world, open to faith hope and love for the Lord and for those whom he loves with a preferential love. A home with open doors.

The Church is a home with open doors, because she is a mother". And in imitation of Mary, the Mother of Jesus, "we want to be a Church that serves, that leaves home and goes forth from its places of worship, goes forth from its sacristies, in order to accompany life, to sustain hope, to be the sign of unity... to build bridges, to break down walls, to sow seeds of reconciliation".

## CONSTITUTIONS Art. 48

Imitating St. Francis who had a special love for the Virgin Mary and celebrated her as Mother of Christ the Redeemer and Mother of the Church, each sister nurtures a special devotion to our Lady.

In Mary the sister always seeks help and finds an example for her consecrated and apostolic life.



## **12.REMAINING FAITHFUL to the LOVE of GOD**

**(Const. 8)**

### **FROM THE FIRST LETTER OF ST PAUL TO THE CORINTHIANS**

**(1 Cor. 13:1-8, 13)**

If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal.

And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.

If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, (love) is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth.

It bears all things, believes all things, hopes all things, endures all things.

Love never fails.

If there are prophecies, they will be brought to nothing; if tongues, they will cease; if knowledge, it will be brought to nothing

...

So faith, hope, love remain, these three; but the greatest of these is love!

*Word of God*

### **FRATELLI TUTTI 92**

The spiritual stature of a person's life is measured by love, which in the end remains "the criterion for the definitive decision about a human life's worth or lack thereof"...

All of us, as believers, need to recognize that love takes first place: love must never be put at risk, and the greatest danger lies in failing to love (cf. 1 Cor 13:1-13).

## CONSTITUTIONS Art. 8

The Franciscan Missionary sister of the Sacred Heart...

§ 2. By her religious consecration, she realizes more fully her baptismal vocation through a free and total response to the love of God, and a constant commitment of fidelity to Him and thus transforms her whole being through love in unending worship to God.



## **PRAYERS OF INVOCATION BEFORE THE LECTIO DIVINA**



1. Lord,  
we thank you because you  
have gathered us in your  
presence to make us listen to your Word: in it you reveal your  
love to us and you make us know your will.  
Make every other voice that is not your own be silenced in  
us; send your Holy Spirit to open our minds and to heal and  
enlighten our hearts.  
Only in this way will our encounter with your Word be a  
renewal of the covenant and communion with you and the  
Son and the Holy Spirit, God blessed for ever and ever. Amen.
2. Our Father, here we are, listening to your living and efficacious  
Word: it will penetrate us as a double-edged sword and in the  
power of your Holy Spirit call us to conversion, transform our  
lives and make us disciples of Jesus Christ, your Son.  
He who is your Word made flesh, your face and your image.  
Be blessed now and forever and ever. Amen.
3. You wanted, O Father that at the Angel's Annunciation the  
Immaculate Virgin conceived your eternal Word, and filled  
with the light of the Holy Spirit would become the temple of  
the new covenant: make us adhere humbly to your will, like  
the Virgin who trusted in your Word.



For our Lord Jesus Christ, your Son, who is God, and lives and reigns with you in the unity of the Holy Spirit for all ages and ages. Amen

4. Lord Jesus Christ, today your light shines in us, source of life and joy!

Send the Spirit of love and truth, so that we may discover and interpret in the light of the Word, the signs of your divine presence in our world. May we welcome these signs in faith that we may always live in the joy of your presence among us. Amen

5. Come Holy Spirit the Consoler; fill our life with your light so we can be witnesses of the crucified and risen Christ.

Come in our midst, and may we remember the words of Jesus.

Come in our midst, and inspire us with Jesus' thoughts.

Come Holy Comforter Spirit, come here today and always in our existence, make fruitful our life with the strength of your Word, so that we can give birth to the Word of God and offer Him to the world. Amen

6. Our God, Father of light, you have sent your Word into the world, wisdom out of your mouth, that has taken dominion over all the peoples of the earth.

You wanted your own Son, eternal Word with you, to become flesh and place his tent between us.

Send us the Holy Spirit now to give us a heart capable of listening and allow us to meet him in these holy Scriptures and generate the Word in us.

Your Holy Spirit leads us to the truth, give us intelligence and perseverance. We ask this for Christ, our Lord, blessed for ever and ever. Amen!"

7. O God, Father of our Lord Jesus Christ, you love and want to save all your children: pour out on us that Spirit with whom you consecrated Jesus and sent Him to announce the good news to the poor.

Give us the intelligence of the Gospel and of people so that we can bring Jesus to all our brothers and sisters, helping them to meet Him who is the only Saviour.

O Virgin Mary, of deep listening, make us docile disciples of the Word. Invoke the Spirit with us to descend and renew the face of the earth. Amen.

8. Spirit of truth, sent by Jesus to guide us to the whole truth, enlighten our minds so that we may understand the Scriptures. You, who overshadowed Mary and made her fruitful ground where the Word of God could germinate, purify our hearts from all obstacles to the Word.

Help us to learn like her to listen with good and pure hearts to the Word that God speaks to us in life and in Scripture, so that we may observe the Word and produce good fruit through our perseverance. Amen

**PRAYERS**  
**TO CONCLUDE**  
**LECTIO DIVINA**



1. Most Holy Heart  
of Jesus,  
let us enter the deep  
cavity of your love.  
Hide us in the wound of your side  
So that we understand the infinite greatness of your self  
-giving.  
Give us your love of tenderness, of compassion,  
to be able to love as you love and as the Virgin Mary loves.  
We ask you this through the Immaculate Heart of Mary,  
your and our Mother. Amen.
  
2. Pierced heart of Jesus Crucified,  
who burn with the desire to attract all men  
to the love of the Father, kindle in us your own apostolic  
ardor.  
May our life be an irradiation of your love in the world  
with the witness of our words and the effectiveness of our  
example.  
Heart of Jesus, our life and resurrection,  
let the whole world be invaded by your love.  
Grant us, your disciples, to follow you  
and make us faithful interpreters of your goodness for every  
person. Amen

3. A To Saint Joseph

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.  
Blessed Joseph, to us too, show yourself as a father  
and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.

4. An Ecumenical Christian Prayer

O God, Trinity of love,  
from the profound communion of your divine life,  
pour out upon us a torrent of fraternal love.  
Grant us the love reflected in the actions of Jesus,  
in his family of Nazareth,  
and in the early Christian community.  
Grant that we Christians may live the Gospel,  
discovering Christ in each human being,  
recognizing him crucified  
in the sufferings of the abandoned  
and forgotten of our world,  
and risen in each brother or sister who makes a new start.  
Come, Holy Spirit, show us your beauty,  
reflected in all the peoples of the earth,  
so that we may discover anew  
that all are important and all are necessary,  
different faces of the one humanity that God so loves.  
Amen.

5. O Jesus, divine Missionary, consumed by zeal for the glory of your Father and the redemption of souls, you made of yourself an announcer and propagator of that Kingdom of holiness and grace.

Grant us a ray of your spirit, which teaches us to give ourselves without reserve, to be understanding without weakness, firm and resolute without harshness, discrete and prudent without vain fears of the world and its judgments. Infuse your light, to discover the needs of people; your warmth and your strength, so as not to fail in the face of coldness or obstacles, the gentle efficacy of your grace, to move hearts and gently guide them to you. Amen

6. Jesus, Divine Master, who came down from heaven to give the abundance of Grace, increase it in us and make it become a river that overflows into eternal life.

The fire enkindled by your love gives us the strength to follow the invitation to the infinite perfection of the Father.

Grant us the firmness of faith; the ardour of charity, the certainty of unshakable hope. Give us the desire of heroism in every virtue and the confidence to reach holiness, with the help of Your Mother and yours. Amen

7. Hail Mary, Woman of the New Covenant, we call you blessed because you have believed (cf. Lk 1:45) and have known how to “recognize the traces of God’s Spirit in events great and small.”

You sustain our watching in the night, until the light of dawn anticipates the new day. Grant us a prophet’s voice to tell the world about the joy of the Gospel, about the blessedness of those who search the horizons of new lands and heavens and anticipate their presence in the human city.

Help us to proclaim the fecundity of the Spirit under the banner of the essential and the small. Grant that we may perform, here and now, the courageous act of the humble, upon whom God looks and to whom are revealed the secrets of the Kingdom Amen.

8. Mary, Virgin and Mother, you who, moved by the Holy Spirit, welcomed the word of life in the depths of your humble faith: as you gave yourself completely to the Eternal One, help us to say our own “yes” to the urgent call, as pressing as ever, to proclaim the good news of Jesus...

Star of the new evangelization, help us to bear radiant witness to communion, service, ardent and generous faith, justice and love of the poor, that the joy of the Gospel may reach to the ends of the earth, illuminating even the fringes of our world.

Mother of the living Gospel, wellspring of happiness for God’s little ones, pray for us. Amen. Alleluia!

*(Pope Francis)*











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