

4. CONTEMPLATION

Now, stay silent to welcome the presence of God within you. In your mind and heart, you may repeat a word or phrase that keeps you united with the Lord. For example: "Here I am Lord, send me", or "Thank you for calling me!", Or another, inspired by the Spirit. Stay like this for a few minutes. If you get distracted, do not worry, continue your "loving attention" to the Lord by using the word or phrase. Then you can write "your word or phrase":



5. TAKE THE WORD TO ACTION

Now, this is the moment of commitment, of making concrete resolutions for your daily life flowing from the invitations in His Word today. How is the Lord asking you to embody this Word today? Write down your commitment and give thanks!



Lectio Divina



▽ Invocation of the Holy Spirit

SONG: ¡Ven, Alma de mi alma! (Sr. Mercedes Casas, F.Sp.S.)

¡VEN, ALMA DE MI ALMA! ¡VEN, ESPÍRITU DE DIOS!
¡VEN, DULCE HUESPED DE MI CASA! ¡VEN, CONSOLADOR!
COME, SOUL OF MY SOUL! COME, SPIRIT OF GOD!
COME, SWEET GUEST OF MY SOUL! COME, COMFORTER!

1. Bring you quiet and peace into my heart
to become an instrument of peace where there is conflict.
Make your Wisdom permeate my path,
my heart fill with love to encounter my sisters and brothers,
in their beauty and their suffering as we walk together.

▽ How open is the soil of my heart to receive the seed
of the Word of God?



1. READING: What does the text say?

I invite you to read this text with an open heart and a listening ear, asking the Holy Spirit to help you to let the Word of God come down, fall and settle in your heart. In the following text, underline the word or phrase that touches your heart at this moment:

Del Evangelio Según San Marcos

(Mc 4,3-9)

¡Escuchen con atención! Salió un sembrador a sembrar.

Al sembrar, unas semillas cayeron junto al camino; vinieron las aves y se las comieron.

Otras cayeron en terreno pedregoso con poca tierra. Al faltarles profundidad brotaron enseguida; pero, al salir el sol se marchitaron, y como no tenían raíces se secaron.

Otras cayeron entre espinos: crecieron los espinos y las ahogaron, y no dieron fruto.

Otras cayeron en tierra fértil: brotaron, crecieron y dieron fruto; produjeron: unas treinta, otras sesenta, otras cien.

Y añadió: El que tenga oídos para oír que escuche.

Palabra del Señor. Gloria a Ti, Señor Jesús.

Gospel according to Mark

(MK 4:3-9)

“Hear this! A sower went out to sow.

And as he sowed, some seed fell on the path, and the birds came and ate it up.

Other seed fell on rocky ground where it had little soil. It sprang up at once because the soil was not deep. And when the sun rose, it was scorched and it withered for lack of roots.

Some seed fell among thorns, and the thorns grew up and choked it and it produced no grain.

And some seed fell on rich soil and produced fruit. It came up and grew and yielded thirty, sixty, and a hundredfold.”

He added, “Whoever has ears to hear ought to hear.”

The Gospel of the Lord. People: Praise to you, Lord Jesus Christ

2. MEDITATION: What does the text say to me?

Now, ask yourself: what is God inviting me to through his Word? How does His Word change my life? How does His Word nourishes my friendship with Jesus and my relationship with my brothers and sisters? Use the space below to write down your insights:

His Word invites me today to:



3. PRAYER: What do I respond to God?

It is time to let your heart speak and the Spirit pray within you. Use the space below to write your own prayer: thanksgiving, petition, asking forgiveness, praise or simply speaking one to One, as you would talk to a FRIEND:



- English Scripture texts in this work are taken from the New American Bible, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.
- Texto en Español © 2008 Ediciones Mensajero, La Biblia De Nuestro Pueblo. Texto: Luis Alonso Schökel. Adaptación del texto y comentarios: Equipo Internacional, Biblia Del Peregrino. América Latina; All rights reserved.
- ¡Ven, Alma de mi alma!: Sr. Mercedes Leticia Casas Sánchez, F.Sp.S. © 2014; All rights reserved.
- Holy Spirit Drawings: Sr. Constanza Fernandez Cano Salgado, F.Sp.S. © 2020; All rights reserved.
- Pictures from Mexican American Catholic College, MACC ©2020; All rights reserved.