

## Lectio Divina

### January 29<sup>th</sup> 2023 4<sup>th</sup> Sunday of Ordinary Time Year A – Matthew 5:1 – 12

- <sup>1</sup>When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. <sup>2</sup>Then he began to speak, and taught them, saying:
- <sup>3</sup>'Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- <sup>4</sup>'Blessed are those who mourn, for they will be comforted.
- <sup>5</sup>'Blessed are the meek, for they will inherit the earth.
- <sup>6</sup>'Blessed are those who hunger and thirst for righteousness, for they will be filled.
- <sup>7</sup>'Blessed are the merciful, for they will receive mercy.
- <sup>8</sup>'Blessed are the pure in heart, for they will see God.
- <sup>9</sup>'Blessed are the peacemakers, for they will be called children of God.
- <sup>10</sup>'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- <sup>11</sup>'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup>Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do</p>
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In this Sunday's gospel we have the Sermon on the Mount. The word 'happy' appears nine times in this gospel. This is often translated as 'Blessed'. Jesus is speaking of facts of life not just teachings. All the beatitudes speak of our inner dispositions which are reflected in our daily words and actions. They are ideals of human behaviour at every level of our lives. At any stage in our lives we will find that one of the beatitudes either gives us joy or maybe even sometimes upset.

When have you experienced a deep and blessed experience through the better understanding of a particular beatitude which you may have been avoiding?

#### Prayer:

**Thank you Lord** for the peacemakers of this world which are now more needed than ever. They help us to look at others with compassion and an open heart.

**Forgive us Lord** as a church for thinking we are superior to others and feed our ego by trying to be popular with those on our side rather than reaching out for the 'lost sheep' which is what Jesus requires of us.

**Lord help** us to be 'Pure of Heart' and free from ego-centred-ness. Let us look at people with open hearts and compassion which will help peace and joy to come into our very troubled world.

