

LECTIO DIVINA 14TH Sunday Ordinary Time

LECTIO

Reading 2 Romans 8:9, 11-13

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Gospel Matthew 11:25-30

At that time Jesus exclaimed: "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 little ones. 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 labour 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 yourselves. For my yoke is easy, and my burden light."

- In the second reading from Romans I am reminded that living by the spirit leads to life eternal. The spirit transcends our human complexity. God made us social beings, intellectual beings, physical beings and emotional beings but above all God made us spiritual beings. These 'beings' coalesce into a wondrous holistic human creation but it is through the spirit that we will find our way home. This passage is a reminder to consider our priorities. Take care to love, nurture and listen to the Holy Spirit above all other concerns.
- In this Gospel Jesus is referring to the Scribes and the Pharisees who rejected him and laid massive burdens of the minutia of the law upon the Jews. They were not open to receiving the word of the Lord about love and mercy, so entrenched they were in their righteousness and so threatened by this 'troublemaker' trying to change the order. In our context and times the wise and learned can be gifts to humanity but the message is that as valuable as they are, our real treasure is in the spirit because this is where God resides. Jesus said, "Make your home in me, as I make mine in you" (John 15:4). The spirit "blows where it chooses" (John, 3:8) even to the littlest and most unlikely. Listen to the voice of God even from the unexpected places. This includes listening to the voice of God in our hearts and what we hear in our own spirit (Casey, 2018). The more open we are to the promptings of the spirit, "the more we grow in inner freedom and confidence during trials" and the more we can collaborate with God's will in our lives and in the world (CCC, p.432).

- We all labour in life to live as we ought and to honour our obligations. Sometimes life feels so burdensome that the thought of the rest that God gives is deeply comforting and encouraging to go on as best we can.

ORATIO

Dear God, you teach the hearts of the faithful
by the light of the Holy Spirit.

Grant that in the same Spirit my heart will be open to your word.

Help me to listen to your voice and not be blinkered by my own prejudices.

Help me to understand what you are saying and how to put it into action.

CONTEMPLATIO

Be still and listen

EVANGELIZATIO

This week I will pray special prayers to the Holy Spirit for guidance, consider my priorities such as 'how do I spend my time' and seek wisdom through spiritual reading every day.

REFERENCES

Casey, M. (2018). Grace on the Journey to God. Paraclete Press.

Catechism of the Catholic Church. 1994. Crossroad Publishing. St Pauls.

Anne Edith Fry, Oblate of Jamberoo Abbey