

Lectio Divina

with **Cardinal Thomas Collins**



**Join us on Sundays at
St. Michael's Cathedral Basilica**
65 Bond Street, Toronto ON

Vespers (evening prayer): 7 p.m.
Lectio Divina: 7:30 to 8:15 p.m.



Archdiocese
of Toronto



Lectio Divina ("divine, or sacred, reading") is a 2,000-year-old spiritual tradition among Christians, in which they attentively and prayerfully read the word of God. We seek to be humbly attentive to God's Holy Word, to savour it, and to let it enter into our heart as much as our heads, so that it may transform us. Lectio Divina is intended to draw us closer to God, and to transform our attitudes and behaviour.

THEME FOR 2020-2021: ***Psalms and Canticles***

The Psalms and Canticles are the songs of the Bible. For 3,000 years, they have given life to the People of God in times of sorrow and joy. On the Cross, Jesus prayed a psalm. Since the earliest days of the Church, the psalms have been at the centre of private prayer and liturgical prayer - in the Mass and in the Liturgy of the Hours prayed throughout the day by priests, deacons, religious and laity. Join us in meditating upon selected psalms during Lectio Divina in 2020-2021.

March 7, 2021
My God, My God
Psalm 22



VESPERS – THIRD SUNDAY OF LENT

INTRODUCTION

Cardinal: God, + come to my assistance.

All: Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

HYMN

- | | |
|--|---|
| 1. When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride. | 3. See from his head, his hands, his feet
What grief and love flow mingling down;
Did e'er such Love and sorrow meet,
Or thorns compose so rich a crown? |
| 2. Forbid it, Lord, that I should boast,
Save in the death of Christ my God;
The vain delights that charm me most:
I sacrifice them to his blood. | 4. Were all the realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all. |

PSALMODY C = CANTOR A = ALL

Ant. 1 Lord, all-powerful King, free us for the sake of your name. Give us time to turn from our sins.

Psalm 110:1-5, 7

- | | |
|--|---|
| C: The Lord's revelation to my Master:
"Sit on my right:
your foes I will put be- neath your feet." | a priest like Melchize- dek of old." |
| A: The Lord will wield from Zion
your scep- ter of power:
rule in the midst of all your foes. | C: The Master standing at your right hand
will shatter kings in the day of his great
wrath. |
| C: A prince from the day of your birth
on the holy mountains;
from the womb before the dawn I begot you. | A: He shall drink from the stream by the
wayside
and therefore he shall lift up his head. |
| A: The Lord has sworn an oath he will not
change.
"You are a priest for ever, | C: Glory to the Father and to the Son
and to the Holy Spirit, |
| | A: as it was in the beginning,
is now and will be fore- ver . Amen. |

Ant. 1. (repeated by all) Lord, all-powerful King, free us for the sake of your name. Give us time to turn from our sins.

Ant. 2 We have been redeemed by the precious blood of Christ, the lamb without blemish.

Psalm 111

- C: I will thank the Lord with all my **heart**
in the meeting of the just and **their**
assembly.
Great are the works of the **Lord**;
to be pondered by **all** who love them.
- A: Majestic and glorious his **work**,
his justice stands **firm** for ever.
He makes us remember his **wonders**.
The Lord is compas-**sion** and love.C:
- C: He gives food to those who **fear him**;
keeps his covenant ev-**er** in mind.
He has shown his might to his **people**
by giving them the lands **of** the nations.
- A: His works are justice and **truth**:
his precepts are **all of** them sure,
- standing firm for ever and **ever**:
they are made in upright-**ness** and truth.
- C: He has sent deliverance to his people
and established his covenant for **ever**.
Holy his name, **to** be feared.
- A: To fear the Lord is the first stage of
wisdom;
all who do so prove themselves **wise**.
His praise shall **last** for ever!
- C: Glory to the Father and to the **Son**
and to the **Ho-ly** Spirit,
- A: as it was in the be-**ginning**,
is now and will be fore-**ver**. **Amen**.

Ant. 2 (repeated by all) We have been redeemed by the precious blood of Christ, the lamb without blemish.

Ant. 3 Ours were the sufferings he bore; ours the torments he endured.

Canticle: 1 Peter 2:21-24

- C: Christ suffered for you,
and left you **an** example
to have you follow **in** his footsteps.
- A: He did no wrong;
no deceit was found **in** his mouth.
When he was insulted,
he re-**turned** no insult.
- C: When he was made to suffer,
he did not **counter** with threats.
Instead he delivered himself up
to the One who **judges** justly.
- A: In his own body
he brought your sins **to** the cross,
so that all of us, dead to sin,
could live in accord **with** God's will.
- C: By his wounds **you** were healed.
- A: Glory to the Father and **to** the Son
and to the **Holy** Spirit,
- C: as it was in **the** beginning,
is now and will be fore-**ver**. **Amen**.

Ant. 3 (repeated by all) Ours were the sufferings he bore; ours the torments he endured.

READING – 1 Corinthians 9:24-25

While all the runners in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

RESPONSORY

Listen to us, O Lord, and have mercy, for we have sinned against you.

R/ Listen to us, O Lord, and have mercy, for we have sinned against you.

Christ Jesus, hear our humble petitions,

R/ for we have sinned against you.

Glory to the Father and to the Son and to the Holy Spirit.

R/ Listen to us, O Lord, and have mercy, for we have sinned against you.

CANTICLE OF MARY

Ant. Whoever drinks the water that I shall give will never be thirsty again, says the Lord.

C: My + soul proclaims the greatness of the
Lord, †
my spirit rejoices in God my Savior *
for he has looked with favor on his lowly
servant.

A: From this day all generations will call me
blessed: †
the Almighty has done great things for me, *
and holy is his Name.

C: He has mercy on those who fear him *
in every generation.

A: He has shown the strength of his arm, *
he has scattered the proud in their conceit.

C: He has cast down the mighty from their

thrones, *
and has lifted up the lowly.

A: He has filled the hungry with good things, *
and the rich he has sent away empty.

C: He has come to the help of his servant
Israel *
for he has remembered his promise of
mercy,

A: the promise he made to our fathers, *
to Abraham and his children for ever.

C: Glory to the Father, and to the Son, *
and to the Holy Spirit:

A: as it was in the beginning, is now, *
and will be for ever. Amen.

Ant. (repeated by all) Whoever drinks the water that I shall give will never be thirsty again, says the Lord.

INTERCESSIONS

Cardinal: All praise to God the Father who brought his chosen people to rebirth from imperishable seed through his eternal Word. Let us ask him as his children:

R/ Lord, be gracious to your people.

Reader: God of mercy, hear the prayers we offer for all your people, may they hunger for your word more than for bodily food. **R/ Lord, be gracious to your people.**

Reader: Give us a sincere and active love for our own nation and for all mankind, may we work always to build a world of peace and goodness. **R/ Lord, be gracious to your people.**

Reader: Look with love on all to be reborn in baptism, that they may be living stones in your temple of the Spirit. **R/ Lord, be gracious to your people.**

Reader: You moved Nineveh to repentance by the preaching of Jonah, in your mercy touch the hearts of sinners by the preaching of your word. **R/ Lord, be gracious to your people.**

Reader: May the dying go in hope to meet Christ their judge, may they rejoice for ever in the vision of your glory. **R/ Lord, be gracious to your people.**

THE LORD'S PRAYER

Cardinal: Let us pray with confidence in the words that Jesus taught us.
Our Father...

CLOSING PRAYER

Cardinal: Father, your love for us
surpasses all our hopes and desires.
Forgive our failings,
keep us in your peace
and lead us in the way of salvation.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

All: Amen

PONTIFICAL BLESSING

Cardinal: The Lord be with you.

R/ And with your spirit.

Cardinal: Blessed be the Name of the Lord

R/ Now and forever

Cardinal: Our help is in the Name of the Lord

R/ Who made heaven and earth

Cardinal: And may Almighty God bless you...

AVE REGINA CAELORUM

1. Ave, Regina caelorum,
ave, Domina angelorum,
salve, radix, salve, porta,
ex qua mundo lux est orta.

2. Gaude, Virgo gloriosa
super omnes speciosa;
vale, o valde decora,
et pro nobis Christum exora.

Lectio Divina

My God, My God
Psalms 22

My God, my God, why have you forsaken me?
You are far from my plea and the cry of my
distress.

O my God, I call by day and you give no reply;
I call night and I find no peace.

Yet you, O God, are holy,
enthroned on the praises of Israel.
In you our fathers put their trust;
they trusted and you set them free.
When they cried to you, they escaped.
In you they trusted and never in vain.

But I am a worm and no man;
the butt of men, laughing-stock of the people.
All who see me deride me,
they curl their lips, they toss their heads.
“He trusted in the LORD, let him save him;
let him release him if this is his friend.”

Yes, it was you who took me from the womb,
entrusted me to my mother’s breast.
To you I was committed from my birth,
from my mother’s womb you have been my
God.
Do not leave me alone in my distress;
come close, there is none else to help.

Many bulls have surrounded me,
fierce bulls of Bashan close me in.
Against me they open wide their jaws,
like lions, rending and roaring.

Like water I am poured out,
disjointed are all my bones.
My heart has become like wax,
it is melted within my breast.
Parched as burnt clay is my throat,
my tongue cleaves to my jaws.

Many dogs have surrounded me,
a band of the wicked beset me.
They tear holes in my hands and my feet
and lay me in the dust of death.

I can count every one of my bones.
These people stare at me and gloat;
they divide my clothing among them.
They cast lots for my robe.

O LORD, do not leave me alone,
my strength, make haste to help me!
Rescue my soul from the sword,
my life from the grip of these dogs.
Save my life from the jaws of these lions,
my poor soul from the horns of these oxen.

I will tell of your name to my brethren
and praise you where they are assembled.
“You who fear the LORD give him praise;
all sons of Jacob, give him glory.
Revere him, Israel’s sons.

For he has never despised
nor scorned the poverty of the poor.
From him he has not hidden his face,
but he heard the poor man when he cried.”

You are my praise in the great assembly.
My vows I will pay before those who fear him.
The poor shall eat and shall have their fill.
They shall praise the LORD, those who seek him.
May their hearts live for ever and ever!

All the earth shall remember and return to the
LORD,
all families of the nations worship before him
for the kingdom is the LORD’S; he is ruler of the
nations.
They shall worship him, all the mighty of the
earth;
before him shall bow all who go down to the
dust.
And my soul shall live for him, my children
serve him.
They shall tell of the LORD to generations yet to
come,
declare his faithfulness to peoples yet unborn;
“These things the LORD has done.”

DATES FOR 2020-2021:

Psalm*s* and Canticles

April 11, 2021

With My God I Can Scale Any Wall

Psalm 18:1-30

May 2, 2021

A Canticle of Triumph

Through Sorrow

Tobit 13:1-8

June 6, 2021

The Majesty of God

Psalm 29 and Psalm 150



- Watch the livestream at www.stmichaelscathedral.com/live
- Join via video conferencing at a local parish.
Get details at www.archtoronto.org/lectio
- Tune in to Salt + Light TV. See schedule at www.saltandlighttv.org/lectiodivina
- Catch up on past reflections and learn more about Lectio Divina at www.archtoronto.org/lectio



Archdiocese
of Toronto