



Saint Margaret Mary Alacoque Prayer to the Sacred Heart:

Lord Jesus, let my heart never rest until it finds You, who are its Center, its Love, and its Happiness. By the wound in Your heart, pardon the sins that I have committed, whether out of malice or evil desires. Place my weak heart in your own Divine Heart, continually under Your protection and guidance, so that I may persevere in doing good and in fleeing evil until my last breath.

Amen.

## Lectio Divina: The Coming of the Son of Man (Matthew 24:37-44)

### Introduction

Brother Knights, the Lord sets before us a Gospel of watchful faith. Grant us, O God, the grace to live each day in your presence, awake to your coming and steady in hope. As Knights, deepen in us a readiness of heart, so that we may stand together in faith and charity as we await your Son.

### Meditation (Reading and Reflection)

The passage (Matthew 24:37-44) will be read. As you reflect, attend to the word or phrase the Lord presses upon your heart.

### Silently consider:

In the days of Noah, people went about ordinary life until the waters rose. Where do I move through my routines as if God were far away? As a Knight, which habits keep my heart attentive, and which draw me into forgetfulness?

Two people work side by side, one taken and one left. Whom has the Lord entrusted to me in my family, parish, and council? As a Knight, how does my readiness or unreadiness affect those around me?

The householder who stays awake guards what is precious. What do I allow through the doors of my mind and heart? As a Knight, what simple step of vigilance is the Lord asking of me this Advent?

(Silent reflection)

### Contemplation

Choose a brief phrase from the Gospel that has touched your heart. Let it become a simple prayer, quietly repeated in your heart. Remain with the Lord in silence, holding this word before him, and allow his presence to awaken trust and readiness within you.

(Shared silence)

### Call to Action (Prayer and Action)

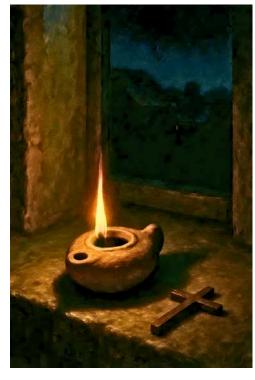
How will this Word shape your actions this week?

Pray: Set aside a few quiet minutes each evening this week to review the day with the Lord. Notice where you were awake to his presence and where you slipped into forgetfulness, and ask for the grace to be gently awakened wherever your heart has grown dull.

Act: Choose one concrete act that expresses readiness for the Lord. It may be going to Confession, giving undistracted time to Scripture, or being fully present to someone who needs your attention. As a Knight, offer this act as a way of living charity, unity, and fraternity while you watch for the Lord's coming.

#### A Moment of Grace

Jesus, our coming Lord, free us from spiritual sleep and from living as though you were far away. Teach us to keep awake in prayer, to guard our hearts, and to recognize your presence in the people and events of each day. Make us generous in charity and joyful in fraternity as we wait in hope for your coming. Amen.



## Our Shared Lectio Divina Journey

"Be still, and know that I am God!" (Psalm 46:10)

Our reflection will be guided by three readings of the same sacred text, voiced by three volunteers. Each reading invites us to listen more deeply to the living Word of God and to grow more attentive to the Lord's quiet presence. After each reading, we will pause for a brief period of silent reflection before any sharing. Sharing is optional; you may choose to pass if you wish.

### After the First Reading: A Word or Phrase

We will each share one word or a short phrase from the Scripture that stood out. There is no need to explain the choice. Let the text speak first. Listen for simple words that catch your attention and gently awaken your heart, perhaps words of challenge, comfort, or calling.

## After the Second Reading: A Personal Connection

We will reflect on how that word or phrase meets our life right now. What memory, challenge, or encouragement does this bring to mind? Where is the Lord inviting you to a change of heart, a deeper trust, or a more watchful awareness of his presence in the midst of ordinary days? How does this message speak to you, personally and as a Knight?

### After the Third Reading: A Call to Action

We will listen for an invitation from the Lord. What is he calling me, or us as a council, to do, strengthen, or change this week? Consider a simple, concrete step that flows from your prayer. This might be a specific action, a word of kindness, or a brief prayer to carry into the day so that you remain attentive to him.

May this time of prayerful listening draw us closer to Christ and to one another, renewing us for our shared mission.

# 十 Lectio Divina 十 "The Coming of the Son of Man"

Holy Gospel of Jesus Christ according to Saint Matthew 24,37-44

For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man.

Then two will be in the field; one will be taken and one will be left. Two women will be grinding meal together; one will be taken and one will be left.

Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

## As We Depart





We thank you for the Word we have pondered.

As we depart, keep our hearts awake to your presence; as Brother Knights, help us to support one another in faith and to serve steadily in Charity, Unity, and Fraternity.

Be with us in the ordinary moments of this week at home, at work, and in our parish, and make us alert to your coming in the people and needs we meet.

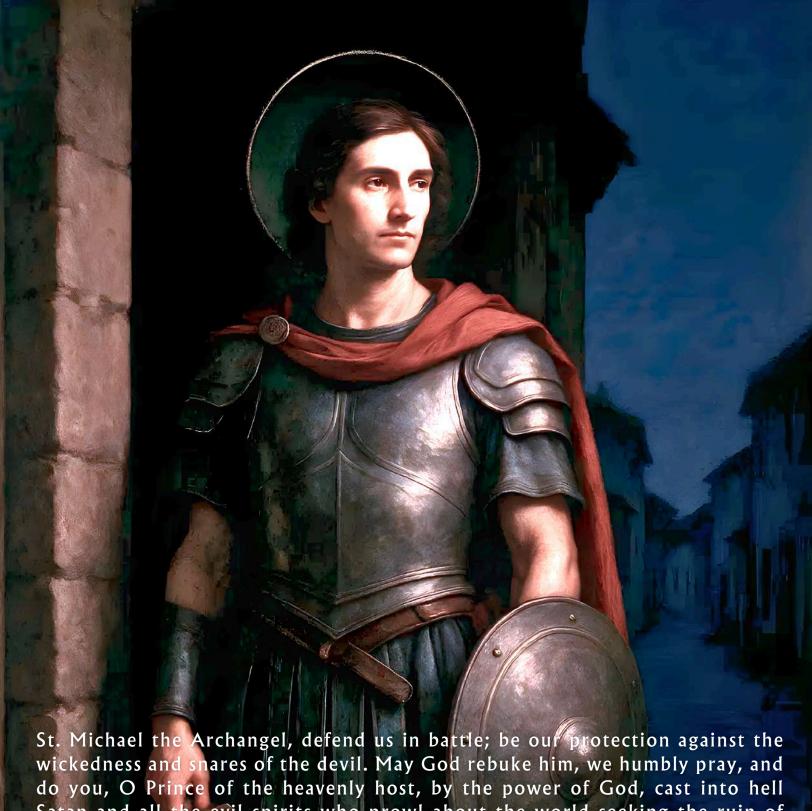
Let your grace guard our council and our homes, so that whenever you call we may be ready to answer you with willing hearts.

Amen.





Last Saturdays of the Month sacredheartknights.ca/COR COR@sacredheartknights.ca



Satan and all the evil spirits who prowl about the world seeking the ruin of souls.

Guardian of the Church, stand beside us as we keep watch in this passing world. Preserve us from spiritual sleep and careless hearts. Help us to live each day prepared for the coming of the Lord, faithful in prayer, steadfast in hope, and generous in charity, unity, and fraternity.

Protect our families, our parish, and all those entrusted to our care. Keep our homes and communities safe in the peace of Christ, that when he calls we may be ready to meet him with willing and obedient hearts.

Amen.

