

## Lectio Divina

### February 15<sup>th</sup> 2026 6<sup>th</sup> Sunday Ordinary Time – Year A – Matthew 5: 17 - 37

<sup>5-17</sup>“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. <sup>18</sup> For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. <sup>19</sup> Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. <sup>20</sup> For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

<sup>21</sup> “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ <sup>22</sup> But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.

<sup>23</sup> Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

<sup>25</sup> “Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. <sup>26</sup> Truly I tell you, you will not get out until you have paid the last penny. <sup>27</sup> “You have heard that it was said, ‘You shall not commit adultery.’ <sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. <sup>30</sup> And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. <sup>31</sup> “It has been said, ‘Anyone who divorces his wife must give her a certificate of divorce.’ <sup>32</sup> But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery. <sup>33</sup> “Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but fulfill to the Lord the vows you have made.’ <sup>34</sup> But I tell you, do not swear an oath at all: either by heaven, for it is God’s throne; <sup>35</sup> or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. <sup>36</sup> And do not swear by your head, for you cannot make even one hair white or black. <sup>37</sup> All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.

- **Read and re-read** – out loud and slowly the Gospel.
- **Meditate** - on reading as being spoken to you, an experience in your life.

- **Pray** - Thanksgiving – Repentance – Petition.
- **Action** – Attitude (Call to change / to act /to do).

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In this week's gospel we see how each one of us have the freedom to say "yes" or "no" to one another and to God. These little words can change the direction of our lives and the lives of many others. We see how saying "yes" to Our Lady in Lourdes by St. Bernadette enabled the wonderful place of Lourdes came to be where so many people find comfort and strength. Pope Francis by saying "yes" has brought joy and hope into our lives. We also see that forgiveness was a great part of the life of Jesus. By trying to forgive and understand one another as Jesus wants us to we can be a source of great goodness in our homes and communities. Is there a connection in our lives in what we do and what we say? Do we help each other to choose the way of peace and reconciliation so that we can all experience the gentleness and mercy of Jesus Christ?

#### Prayer:

**Thank You Lord** for the people in our lives who brought us to new belief and trust in you and your ways. This gave us new freedom and joy in our lives. .

**Forgive us Lord** for the times we find it difficult to see the goodness in others especially those who have hurt us by their words or actions often taking away our peace of mind .

**Help us Lord** us to be reconciled with those people that we may experience with them the gentleness and mercy of your love .