

Lectio Divina

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| ➤ Read and re-read , out loud and slowly
the Gospel | ➤ Pray - Thanksgiving - Repentance -
Petition |
| ➤ Meditate on reading as being spoken to
you, an experience in your life | ➤ Action - Attitude (Call to change / to
act / to do) |
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November 2nd 2014 Sunday Feast of Commemoration of All the Faithful Departed - Year A - Matthew 11: 25 - 30

In this week's gospel Jesus lets us into the secret of his relationship with his Father - total trust. This trust freed him from anxiety and worry about Himself. As a result he had a gentle and relaxed way about him and was able to bring this freedom to those who were overburdened. He has shown us a way to let our burdens help us to grow rather than eat away at us.

Were there times in your life when people who had complete trust in God helped you to carry your burdens? Who were these people?

Prayer:

Thank you Lord for the many ways in which people with complete trust in God helped us to carry our burdens and brought us peace in our lives.

Forgive us Lord for the times we let our burdens eat away at us and bring us down rather than bringing them to you who promised us you would give us rest. Help us Lord to keep our minds and hearts open to receive the peace which Jesus promised us when we place all our trust in him.

