

## 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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July 19<sup>th</sup> 2015 16<sup>th</sup> Sunday of Ordinary Time - Year B - Mark 6 : 30 - 40

In this week's gospel we see the disciples are very excited telling Jesus and probably each other all they had done on their first special mission. Life was so hectic "they did not even have time to eat". Jesus suggests they come away to a deserted place all by themselves and rest a while. It did not go to plan because the crowd were so in need of guidance. They were like sheep without a shepherd. Jesus realised these people had a great need to be listened to. Who has been the Jesus person in your life who recognised your needs and reached out to you?

Prayer:

Thank you Lord for the people you send our way who show us that in the busy lives we have it is good to go to a lonely place and rest for a while in the presence of Jesus who wants to relate to us.

Forgive us for the times we feel like running away from the busyness of our lives. We just want to stay on the boat where we feel safe. We must never forget that there are people ashore who are like sheep without a shepherd and need to hear the Word of God.

Help us Lord to follow the advice of Jesus to the disciples and listen to the need in ourselves for rest and nourishment but also to respond to the real need of others.

