

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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February 14th 2016 1st Sunday of Lent - Year C - Luke 4: 1 - 13

In this week's gospel we see Jesus in the wilderness the devil is giving him a good shaking up. The devil knew he was at his weakest and most vulnerable. God kept a watchful eye on him making sure no harm came to him. It was because of His complete trust in God the Father that Jesus was able to overcome the temptations of the devil.

There are many times in our lives that we find ourselves in the wilderness. How do we feel? What do we do? Do we trust like Jesus and believe our Heavenly Father is there for us and will send his angels to protect, guide and keep us safe?

Prayer:

Thank you Lord for the people who were sent to help us in our wilderness. They accompanied us on our journey with compassion and love reflecting the love and compassion of the Father for Jesus. This enabled us to come out of our darkness into a new light.

Forgive us Lord for the times when we may have been arrogant towards you, insisting on you giving us what we prayed for instead of trusting that you know what is best for us. Help us Lord during this season of Lent to allow ourselves to be led by the Holy Spirit into the depths of ourselves and recognise our negative tendencies to fear, mistrust and carry anger and lead us to the freedom which you bring to us if we put our trust in you.

