

Lectio Divina

- > **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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July 9th 2017 14th Sunday of Ordinary Time - Year A - Matthew 11: 25 - 30

In this week's gospel today we read about Jesus dealing with a society in which people were very conscious of status, dignity and external appearances. He wanted to break down the barriers this created so that a would be aware of their worth and dignity. He let us into the secret of his relationship with his Father, one of total trust. This trust freed him from anxiety and worry about himself.

Who were the people in our lives who were not highly thought of in human terms, but who were a light to us?

Prayer:

Thank you for the precious moments when you broke down the barriers we had set up by the gentle and humble way you accepted us and all our weakness. Forgive us for the times we added to peoples burdens by our words or actions instead of being like Jesus trying to understand them and gaining their trust. Help us to have complete trust in you as you had in your Father. This trust freed you from worry and anxiety about yourself and allowed you to bring rest to those who were overburdened. Help us to do likewise in your name.

