

Lectio Divina

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- 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 do)
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August 2nd 2020 18th Sunday of Ordinary Time - Year A - Matthew 14:13 - 21

In this week's gospel we read about Jesus as experienced by the people. He was the kind of leader people felt drawn to. They 'go after him' even when they have to travel long miles on foot. They follow him when he and his disciples 'withdraw by boat to a lonely place' where they can be by themselves. We also see Jesus as being so sensitive that when he hears that a great man has been martyred he felt a need to go to a lonely place. We also see him as very selfless even when in distress he reaches out to those in need.

Are we like the disciples sending people away when they need help? Do we follow the example of Jesus acting with compassion and helping those we encounter even when we are tired or sad in ourselves?

Prayer:

Thank you Lord for the people who have walked with us and helped us to come out of the darkness of our lives. They helped us to realise that as long as we have a relationship with you we will be able to come out from behind these dark clouds.

Lord forgive us when we are afraid to get close to people and travel with them in their hour of darkness helping them to realise that they are your sons and daughters and your favour rests with them.

Help us Lord when people fall on their faces before you, overcome with fear to reach out and touch them and say as you did "Do not be afraid".

