

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 act / to do)
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August 10th 2014 19th Sunday of Ordinary Time - Year A - Matthew 14: 22 - 33

In this week's gospel we see Jesus sending away both the disciples and crowds so that he could go up the hills by himself and pray. By doing this he also gave them space to find themselves even though he eventually had to go and save them. It was because Jesus was faithful to his times of solitary that he was able to be aware of the needs of others. We also see Jesus inviting Peter to walk on the water but like us often when he took the first step in faith he became afraid but Jesus put out his hand and helped him as he does for each one of us in our many moments of doubt.

The experience of Peter gives us encouragement when we waver in our trust and belief in God. Who are the people who have reached out a helping hand to you when you felt you were sinking?

Prayer:

Thank you Lord for faithful friends who like Jesus when we felt the force of the wind and took fright listened to our call of "save me" and put out their hand to save us. Forgive us for the times when we did not trust you as you invited us to come to you but let ourselves be taken over by fear and doubt.

Lord we pray that Jesus will be our model in our work of spiritual guidance when we find people have little faith. Do not let us be impatient or reject them but put our hand and encourage them.

