

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)

March 5th 2017 1st Sunday of Lent - Year A - Matthew 4: 1 - 11

In this week's gospel we see Jesus in the Wilderness. Satan is giving Him a good shaking up. God kept a watchful eye on Jesus making sure no harm came to Him.

There are many times in our lives when we are in the wilderness. How do we feel? What do we do? It is good to know that Jesus is there for us and can fully understand our state of mind, body and soul. He will help us as His Father helped him. He is just waiting for us to ask.

Prayer:

Lord we thank you for this season of Lent which gives us all the opportunity to be still and to take in the wonders of creation and be thankful for all you have done for us.

Forgive us Lord for the times we did not appreciate all the gifts you have given to us. We often waste the wonderful gift of water which we so much take for granted.

Lord help us to realise that it is often in our darkness that we can be strengthened and find new clarity to our purpose in life. God often leads us to places we fear most to realise that with him we have nothing to fear.

