

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 do)

February 16th 2020 6th Sunday of Ordinary Time - Year A - Matthew 5:17 - 37

In this week's gospel we see how each one of us have the freedom to say "yes" or "no" to one another and to God. These little words can change the direction of our lives and the lives of many others. We see how saying "yes" to Our Lady in Lourdes by St. Bernadette enabled the wonderful place of Lourdes came to be where so many people find comfort and strength. Pope Francis by saying "yes" has brought joy and hope into our lives. We also see that forgiveness was a great part of the life of Jesus. By trying to forgive and understand one another as Jesus wants us to we can be a source of great goodness in our homes and communities.

Is there a connection in our lives in what we do and what we say? Do we help each other to choose the way of peace and reconciliation so that we can all experience the gentleness and mercy of Jesus Christ?

Prayer:

Lord we thank you for the people in our lives who brought us to new belief and trust in you and your ways. This gave us new freedom and joy in our lives. Forgive us for the times we find it difficult to see the goodness in others especially those who have hurt us by their words or actions often taking away our peace of mind. Help us Jesus to be reconciled with those people that we may experience with them the gentleness and mercy of your love.

