

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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February 19th 2017 7th Sunday of Ordinary Time - Year A - Matthew 5:38-48

In this week's gospel we are given quite difficult tasks by Jesus. One of the main requests by Jesus is to love your enemies and to pray for those who persecute us. Jesus says it is no good just loving those who love you. If we spend our time deepening our old wounds by holding on to hurts from the past we can become imprisoned and grow cold and bitter.

As God does not link his gifts to how we feel about him, how can we as Christians do the same to one another?

Prayer:

Thank you Lord for the great people of non-violence like Gandhi who said "non-violence is one of the greatest forces at the disposal of people for good. Forgive us for the times we carried in our hearts great anger and bitterness for those who hurt us instead of trying to have the compassion and care which Jesus has for all of us.

Lord help us to be like Jesus generous in sharing the gift of Love inspired by His father who 'causes the sun to rise on bad people as well as good' and in doing that shows us that he does not give up on any of us.

