

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 26th 2017 8th Sunday of Ordinary Time - Year A - Matthew 6:24 -34

In this week's gospel we see how Jesus loves us more than we can realise at times. We see how the birds of the air do not sow or reap or gather into barns and our Heavenly Father feeds and cares for them. He asks us "Can any of you, for all your worrying add one single cubit to your span of life? Jesus is telling us "Trust me, look and believe how I love you and persist with you." I know your lives and know each day has its own trouble. Leave your worries with me and your life will be less stressful."

Do we take time in our lives to appreciate the words of Jesus "Seek first the Kingdom of God"? If we could do this we would free ourselves from worldly things which are often the cause of our worry and upset and learn to trust in Jesus and know He will care for us as He does for the birds of the air.?

Prayer:

Thank you Lord for the birds of the air and the lovely flowers and plants and for nature which is a great reminder to us of your presence.

Forgive us for the times we do not value what is important in our lives and do not use well the gifts you have given to us out of love.

Lord help us as we learn to trust in the love of Jesus we will try to bring this love and concern to all we meet especially someone we may find it difficult to understand.

