



## Lectio Divina

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| <ul style="list-style-type: none"><li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</li><li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</li></ul> | <ul style="list-style-type: none"><li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</li><li>➤ <b>Action</b> – Attitude (Call to change / to act /to do</li></ul> |
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### **April 12<sup>th</sup> 2020 Easter Sunday - Year A    Gospel reading: Matthew 28: 1 - 10**

In this week's gospel we see the faithful women Mary of Magdala and the other Mary going to the tomb. They felt very lost and sad while they were there. Suddenly an angel came and rolled away the stone. They were all frightened but the angel spoke and told the women there was no need to be afraid. He said Jesus was not there but risen as he had promised he would. The women ran with great joy in their hearts to tell the disciples and on the way they met Jesus who greeted them. He told them again "Do not be afraid" go and tell my brothers that they must leave for Galilee and they will see me there.

Who are the people in our lives who have helped to roll away the stone which blocked the positive energy of the Grace of God entering our hearts?

#### **Prayer:**

**Thank you Lord** for the people like Nelson Mandela who have proved to us that you cannot imprison the human spirit no matter how secure a prison it is. The human spirit is Your presence in the world with God as our centre.

**Lord forgive us** for the times that we talk to others about Jesus as if we had him under our control.

We did not take the time to be silent like Mary of Magdala and the other Mary at the tomb when they were surprised with the unexpected arrival of the angel who moved away the stone.

**Help us Lord** to bring the hope of Jesus to all. Where people only see darkness let us shine your light to guide them out of their imprisonment.