

## Lectio Divina

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| > <b>Read and re-read</b> , out loud and slowly the Gospel                      | > <b>Pray</b> - Thanksgiving - Repentance - Petition         |
| > <b>Meditate</b> on reading as being spoken to you, an experience in your life | > <b>Action</b> - Attitude (Call to change / to act / to do) |
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September 14<sup>th</sup> 2014 Sunday The Exaltation of the Holy Cross - Year A - John 3: 13 - 17  
In this week's gospel we read of the lifting up of Jesus on the Cross, which is the revelation of God's love for us. Jesus said the purpose of His life is that everyone who believes in him may have eternal life. He also said that he was sent to save us not to condemn us.

What or who in your life has helped you to see God as one who is on your side, to be trusted and relied on rather than feared?

Prayer:

Thank you Lord for those who have helped us to see and believe that Jesus died for each one of us out of love.

Forgive us for the times that our actions bring sadness to Jesus and often chaos to our lives.

Help us to be as forgiving as You were on the Cross because without forgiveness we allow bitterness to engulf and torture us zapping our energy.

