

## Lectio Divina

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- **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)

### June 20<sup>th</sup> 2021 12<sup>th</sup> Sunday of Ordinary Time – Year B – Mark 4: 35 – 41

Life can be very complicated and difficult and can weigh us down at times. We have had many examples of this in our world recently. We can end up thinking, feeling and even acting as if we are alone on our journey. Today's Gospel reminds us that we are not alone. Even when God seems to be sleeping and the storm rising and we are in danger of drowning He is there. At the simple request of the disciples Jesus calms the storm and allays their fears. All it takes is a little faith and trust in Him.

Who are the people in our lives who have helped us through the difficult storms in our lives?

#### Prayer:

**Lord we thank You** for the great people of faith we have known who You sent into our lives. Because of their great trust in you they were able to bring us great calm in the storms of our lives.

**Forgive us Lord** for not trusting in You, believing You did not care and we let ourselves get into a great darkness and feared for our lives

**Help us Lord** turn to the values of Jesus in our moments of need that like the apostles we may discover with awe that these values can command the winds and the seas.

