

## 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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### **August 1<sup>st</sup> 2021 18<sup>th</sup> Sunday of Ordinary Time – Year B – John 6: 24 - 35**

In this week's gospel we learn the form of spiritual journeys that Jesus encourages the people to take. He wants them to move from looking to him for material food to looking for something more spiritual. He invites them not to put all their security in humanity but to put their trust in God.

How do I live my life as a Christian?

Am I focused on where God is leading me?

#### **Prayer:**

**Thank you Lord** for all those who have been a source of life to us. They reflect the actions of Jesus who came down from heaven to give life to the World. He calls on each one of us to be a source of life to others.

**Forgive us Lord** for the times we let ourselves get lost in the wilderness of life rather than take time for reflection and contemplation where we will learn with Gods help the Way he is leading us.

**Lord help us** as Christians to live as the Body of Christ and in doing so experience his presence in the bodies of others.

