

## 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)
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**August 5<sup>th</sup> 2012      18<sup>th</sup> Sunday Ordinary Time – Year B – John 6: 24 - 35**

In this week's gospel we read about Jesus as the Bread of life. Jesus also speaks about the signs of the times and he invites us as he invited the disciples not to depend on human securities but to trust in God. In this time of conflict and disharmony in the world let us take comfort from the words of Jesus "The bread of God is that which comes from heaven and gives life to the world". Jesus was speaking of the Eucharist.

### **Prayer:**

**Lord we thank you** for the wonderful gift of the Eucharist which brings life and hope to each one of us and helps us to be in close union with you.

**Forgive us** for the times that we did not place our trust in you and let ourselves be guided by human forces alone.

**Help us** to bring the gifts we receive from you to all people we come in contact with and especially those in most need of your loving care and compassion.

