

Lectio Divina

- **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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February 18th 2018 1st Sunday of Lent - Year B - Mark 1: 12 - 15

In this week's gospel we see Jesus in the wilderness. Satan is giving him a good shaking up. God kept a watchful eye on him and sent his angels to look after him.

When were the times in our lives when we felt we were in the wilderness? How did we feel? What did we do? Who were the people sent by God to help us?

Prayer:

Thank you Lord for the guardian angels given to each one of us to help and guide us especially in hours of darkness and wilderness.

Forgive us Lord for the times that we let Satan rule our lives with his empty promises instead of calling on God who is there to protect us just as he protected Jesus when he was tempted in the wilderness.

Help all of those Lord who feel they are in the wilderness - their days are long and they feel battered by demons. Send them your angels to look after them and guide them out of their wilderness into a new life of joy and freedom.

