

# 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)

**February 26<sup>th</sup> 2012      1st Sunday 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 Jesus making sure no harm came to Him.

There are many times in our lives when we are in this wilderness.

How do we feel? What do we do?

It is good to know that Jesus is there for us and can fully understand our state of mind, body and soul. He will help us just as His father helped him. He is just waiting for us to ask.

## **Prayer:**

Lord we thank you in the name of all those for which Lent will be a season of grace when Jesus will come into their lives.

Forgive us Lord for the times we really felt like giving up because we were so deep in our wilderness instead of remembering that at all times our angels are there for us to help us through our darkness just as they were for Jesus.

Help all those who feel battered by demons and have no hope in their lives. Send them your angels to protect and guide them and help them to have a sense of being protected and loved.

