

Lectio Divina

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| > Read and re-read , out loud and slowly
the Gospel | > Pray - Thanksgiving - Repentance -
Petition |
| > Meditate on reading as being spoken to
you, an experience in your life | > Action - Attitude (Call to change / to
act / to do) |
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August 16th 2015 20th Sunday of Ordinary Time - Year B - John 6: 51 - 58

In today's gospel Jesus gives the people a teaching based on their experience of the miraculous feeding for the third time. In the two previous passages Jesus presented himself as 'bread came down from heaven'. In this one 'he gives them his flesh to eat and his blood to drink'. He tells them that he gives himself totally, every part of his being is at their service. He is inviting us to 'have his spirit coursing through us', so that each one can know his love. He wants us to unite our weakness and suffering with his so that we can experience his strength and his courage.

Who are the people who support your faith and help you draw life from Jesus?

Prayer:

Lord we thank you for the people who with their strong faith have been able to draw us close to Jesus especially in our times of difficulty when we found it hard to believe that Jesus is always there for us.

Forgive us for the times we are too busy to appreciate the great gift of the Eucharist when we receive the Body and Blood of Jesus where He invites us into a deep union with Him.

Lord help us to be silent and not talk too much especially after receiving Jesus in the Eucharist when we pray so that we may become conscious of Jesus present within us.

