

## 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 19th 2012 20<sup>th</sup> Sunday Ordinary Time – Year B – John 6:51 – 58**

In this week's gospel Jesus says "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever and the bread that I shall give is my flesh, for the life of the world." Jesus is saying that he is giving himself totally to others; every part of his being is at their service. He is inviting us to a deep union with himself to have his spirit coursing through our soul so that we can know the passion of his love for us.

Who are the people who have been Jesus for us? Where do we experience the selfless love Jesus has for us?

### **Prayer:**

**Lord we thank you** for the wonderful gift of the Eucharist where you come to us and bring us into communion with you.

**Forgive us** when we talk too much instead of remaining silent so that we can become aware of your presence within us.

**Help us** to bring your selfless love to all in need. Let them see that unless they allow themselves to receive this love they will not have life within them.

