

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 26th 2012 21st Sunday Ordinary Time – Year B – John 6: 60 - 69

In this week's gospel we note the inner freedom of Jesus. We also see how he gives each person their own space even those who reject him and are about to betray him. The inner freedom comes from the fact that Jesus knows he is in His Father's hands and no one can come to Him unless the Father allows it. When are the times in our lives that we have betrayed our Christian values or people who put their trust in us?

Prayer:

Lord we thank you for those whose words have been life giving to us because they are spoken from the heart, in truth and inspired by the words of Jesus.

Forgive us for the times we get upset because Jesus asked something hard of us. When we looked back we realised it was an occasion of grace for us.

Help us to recognise the benefits of withdrawing from time to time to the depths of ourselves because it would help us to discover the inner freedom given to us by Jesus.

