

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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September 2nd 2018 22nd Sunday of Ordinary Time - Year B - Mark 7:1-8,14-15,21-23

In today's gospel we see how God's commandments show us the need for justice, generosity and respect for all people. Jesus also explains that rules are not the be all and end all. The source of the commandments and the motivations for our actions are vital. What is in one's heart is more important than what is on one's hands, as the heart is the true indication of purity. "The people honour me only with lip service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations".

How have you found that being judgemental does not necessarily make you a good person?

Prayer:

Thank you Lord for the people you sent us who understand our wilderness. They taught us that it is what is within that is important as the heart is the true indicator of our goodness and not what comes into us from outside.

Forgive us for the times we focused totally on being loyal members of our church and keeping its laws forgetting your first and most important request to us is universal love and compassion for all.

Lord help us to see that God's commandments are given to us as a guiding help on our journey through life.

