

## Lectio Divina

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| ➤ <b>Read and re-read</b> , out loud and slowly the Gospel                      | ➤ <b>Pray</b> - Thanksgiving – Repentance – Petition         |
| ➤ <b>Meditate</b> on reading as being spoken to you, an experience in your life | ➤ <b>Action</b> – Attitude (Call to change / to act / to do) |
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**March 18<sup>th</sup> 2012**      **4<sup>th</sup> Sunday Lent – Year B – John 3:14-21**

In this week's gospel we see God's love expressed in his giving of what is most precious to him. He sent his son not to condemn the world, but so that through him we might be saved if we only put our trust in him. Are there times when we are afraid of death, of failing, suffering or being rejected by others? These fears are a bondage for us and prevent us from coming into the light.

### **Prayer:**

Thank you for lifting up the son of man before us and inviting us to look honestly at things that frighten us. We come to realise that his death was a source of new life for us.

Forgive us for the times we have avoided the light for fear that the truth about ourselves would be exposed and also the times we rejected your gift of inner peace.

Help us to be a source of life for others in their darkness and help them to realise that you come for each one of us to bring us your hope and light.

