

## Lectio Divina

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| > <b>Read and re-read</b> , out loud and slowly<br>the Gospel                      | > <b>Pray</b> - Thanksgiving - Repentance -<br>Petition         |
| > <b>Meditate</b> on reading as being spoken to<br>you, an experience in your life | > <b>Action</b> - Attitude (Call to change / to<br>act / to do) |
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### March 22<sup>nd</sup> 2015 5<sup>th</sup> Sunday of Lent - Year B - John 12: 20 - 33

In this week's gospel we see Jesus fully conscious of the "hour" which is about to come and which is like the kind of crisis moments that occurs to us all once or twice in a lifetime. We see also Jesus making the journey of faith in His Father. We are invited to accompany Him on his sacred journey which is at times very painful where He is heard to cry out to His Father for help "save me from this hour". His final petition to his Father is "Your will be done".

In our times of crisis do we give up hope or blame others and sometimes feel isolated. Let us remember that the Father is waiting graciously to hear our plea for help also.

#### Prayer:

Thank you Lord for those who help us to remember that Your Father in heaven is also there for us and is only waiting graciously to hear our plea for help in times of sadness and frustration.

Forgive us for the times we did not take risks for you and thus missed the opportunity to inform others of the Good news of your life, death and resurrection.

Help us to always realise that your Father is with us and understands our sadness and difficulties and will help us if we but call on Him as you did.

