

Lectio Divina

- **Read and re-read**, out loud and slowly the Gospel
 - **Meditate** on reading as being spoken to you, an experience in your life
 - **Pray** - Thanksgiving - Repentance - Petition
 - **Action** - Attitude (Call to change / to act / to do)
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February 4th 2018 5th Sunday of Ordinary Time - Year B - Mark 1: 29 - 39

In this week's gospel we see a day in the life of Jesus. It was a very busy and hectic day for him in which he cured Simons mother-in-law and many more who were brought to him . He must have been exhausted. Next morning he left for a lonely place to pray before he started on his journey to neighbouring towns and villages. He told his disciples that he had come to preach to all and he will always be on he lookout for new areas where his gospel needs to be preached. He wanted to bring his message of Hope to all people he met especially those in distress.

When were the times you felt sick in mind, soul or body? Who were the Jesus people sent to you, took you by the hand and lifted you up?

Prayer:

Thank you Lord for all the times you sent people into our lives who like Jesus 'lifted us up and gave us new hope.'

Forgive us Lord for the times we were happy to stay in our comfort zones instead of reaching out to all especially those on the margins of our society who are waiting for your message of hope in their lives.

Help us Lord to go to all regions where no one else has gone, bringing the good news of the love and hope of Jesus to those in need remembering that is why we are on this earth.

