

## Lectio Divina

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- **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

### May 23<sup>rd</sup> 2021 Sunday Feast of Pentecost - Year B - John 20: 19 -23

In today's Gospel Jesus recognised that his disciples were not capable of taking in everything at once. Wisdom about life comes slowly and sometimes painfully. Hearing the "right" answer at the "wrong" time does not often help us. The Spirit can guide us to understanding in different ways.

What wisdom would you most like to pass on to those close to you and why?

#### Prayer:

**Lord we thank you** for the gift of the Holy Spirit who is with us at all times to help and guide us on the right path.

**Forgive Lord us** for the times we were not open to learning a truth about life because we were too busy to listen to the words of Wisdom spoken to us by friends and family.

**Help us Lord** to grow in understanding and truth through the intercession of the Holy Spirit.

