

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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May 27th 2012

Pentecost Sunday – Year B – John 20:19-23

In this week's gospel we read how Jesus came and stood among his disciples in the room with the door closed for fear of the Jews. He said to them "peace be with you" and showed them his wounds. They were filled with joy. He told them "as my Father has sent me so am I now sending you".

There are many times in our lives when we have to let go. As parents we have to let go of our children to live their own lives. They will be guided by the values we have given them with the help of the Holy Spirit.

Prayer:

Lord we thank you for the times that we were able to say to one another what Jesus said to his disciples with joy in our hearts and bring hope to each other and those around us.

Forgive us for the times we felt too scared to speak your Word for fear that the terrible deeds that were done to Jesus would be done to us.

Help us who have been blessed by the Holy Spirit to enable people to believe that they too can rise from their hurts and sadness and find new life if they call on the Holy Spirit for help and guidance.

