

## Lectio Divina

- 
- |  |   |
|--|---|
| > Read and re-read, out loud and slowly the Gospel                       | > Pray - Thanksgiving - Repentance - Petition         |
| > Meditate on reading as being spoken to you, an experience in your life | > Action - Attitude (Call to change / to act / to do) |
- 

### March 10<sup>th</sup> 2019 1<sup>st</sup> Sunday in Lent - Year C - Luke 4: 1-13

In this week's gospel we see Jesus in the wilderness; the devil is giving him a good shaking up. God kept a watchful eye on Jesus making sure no harm came to him. Jesus had total trust in his heavenly Father.

There are many times in our lives when we find ourselves in a wilderness. How do we feel? What do we do? Do we trust like Jesus and believe our Heavenly Father is there for us with his angels to protect, guide and keep us safe.

#### Prayer:

Thank you Lord for the people who were sent by Jesus to help us in our wilderness. They accompanied us on our journey with compassion and love, reflecting the love and compassion of Jesus. In time we were able to come out of our darkness into light. Forgive us for the times we let ourselves be lost in the wilderness. If we can resist this and acknowledge our complete dependence on Jesus we can grow in trust and comfort in the fact that the Holy Spirit will always guide us..

Help us during these days of lent to embrace this special time to receive encouragement as we read in the gospel that Jesus was led by the Spirit into the wilderness. The wilderness need not be a place of fear; it can be a place of transformation, a place where God is in control and will send his angels to help and guard us.

