

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 17th 2013 1st 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 when we may have been arrogant towards you insisting on you giving us what we prayed for instead of trusting that you know what the best thing is for us.

Help us during these days of lent to allow ourselves to be led by the Holy Spirit into the depths of ourselves into the wilderness. Lead us away from the world of achievements where we can face up to the negative tendencies that are active within us e.g. fear, mistrust, anger etc.

