

## Lectio Divina

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| > <b>Read and re-read</b> , out loud and slowly<br>the Gospel                      | > <b>Pray</b> - Thanksgiving - Repentance -<br>Petition         |
| > <b>Meditate</b> on reading as being spoken to<br>you, an experience in your life | > <b>Action</b> - Attitude (Call to change / to<br>act / to do) |
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**January 31<sup>st</sup> 2016      4<sup>th</sup> Sunday of Ordinary Time      - Year C      - Luke 4: 21-30**

In this weeks gospel Jesus invites the people of his home town to come to the truth of themselves and to stop hiding behind the shelter of their groups. He tells us to be aware of thinking we are the chosen people just because we belong to a special group. Being part of a group says nothing about our personal worth. If we settle for group identity it stops us facing the truth of ourselves. Our personal motives are what counts and are known only to ourselves and God. Jesus also shows us God's inclusive ways - he includes all people in his blessings.

When have you been challenged to think in new ways enabling you to stop excluding some people from your thoughts and concerns?

### Prayer:

Lord we thank you for the people in our lives who show us that some people from outside our group are every bit as good as we are and perhaps even better.

Forgive us for the times we thought as the 'chosen ones' we are better than other people and close our hearts to their goodness and great qualities from which we could learn a great deal.

Help us Lord to be like Jesus and not allow the anger of people deter us in our mission of bringing his love to all. We ask the Holy Spirit to enlighten us and fill us with his love.

