

## 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)
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**May 26<sup>th</sup> 2019 6<sup>th</sup> Sunday in Easter - Year C - John 14:23 - 29**

In this week's gospel Jesus tells us "Do not let your hearts be troubled or afraid". He also gives us His own peace a peace the world cannot give. This is His gift to us all. When we have a relationship with Jesus it is even possible to have this peace in difficult times in our lives. Jesus gave this peace to his disciples at the most difficult time in His life. If we have belief and trust in Jesus we have a peace that no person or event can destroy .

Who are the people in your life who have brought this peace into your life through their belief and trust in Jesus?

Prayer:

Thank you Lord for the people who walk with us in darkness and are the instruments through which the peace of Jesus comes into our lives. Forgive us for the times we did not trust in Jesus and let ourselves be taken over with fear and worries thus blocking the peace that Jesus promised us flow through our veins.

Help us to be peacemakers in the name of Jesus. Let us have peace in mind soul and body in order to bring this peace to each person we come in contact with. If each one of us could bring this peace to one other person the world would be a much better place.

