

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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March 31st 2013 Easter Sunday – Year C – John 20: 1-10

In this week's gospel we read of the experience of Mary of Magdela and the two disciples when they discovered the "stone had been moved from the tomb" and the tomb was empty. On seeing the empty tomb they began to understand the teaching of scripture.

What is it in our life that is the stone which blocks the entry of Gods grace into our hearts? Who are the people who have helped us to move this stone enabling us to travel our journey of life in the confidence and belief that Jesus accompanies us with every step?

Prayer:

Thank you Lord for the people of Faith in our lives who have helped us to understand the scriptures and find the hope and life from the words therein.

Forgive us for the times we did not believe your promise of setting us free when the stone of anger or stress in life blocked our minds to the new life through your resurrection.

Help us to live with trust in you when we feel abandoned or tied up by our anxieties and worries.

