

## 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 22nd

2016

Trinity Sunday

Year C - John 16: 12 - 15

In this week's gospel we read about the good news story of the Trinity. Jesus tells his disciples he has many things to tell them but not for the moment. When the Spirit of truth comes he will lead them to the whole truth. Jesus knew that wisdom about life comes slowly. Hearing the right answer at the wrong time often does not help us. We need to be ready and open to receiving the truth if it is to have an impact.

Who were the people in your life who helped you to greater wisdom through their belief and openness to the guidance of the Holy Spirit?

### Prayer:

Thank you Lord for the people in our lives who through their wisdom helped us to a better understanding of your truth and inspiration for each one of us. Forgive us Lord for the times our minds were so full of 'things we have to do etc' that we were not tuned in to God so we became anxious and worried all the time. St. Augustine reminds us "We were made for you O Lord and our hearts are restless until they rest in you.

Help us Lord not to feel over burdened with worries and anxieties but take time to be with the Holy Spirit who will lead us in the right direction as he did with the disciples as Jesus promised.

