

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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January 29th 2017 4th Sunday of Ordinary Time - Year A - Matthew 5:1 - 12

In this Sunday's gospel we have the Sermon on the Mount. The word 'happy' appears nine times in this gospel. This is often translated as 'Blessed'. Jesus is speaking of facts of life not just teachings. All the beatitudes speak of our inner dispositions which are reflected in our daily words and actions. They are ideals of human behaviour at every level of our lives. At any stage in our lives we will find that one of the beatitudes either gives us joy or maybe even sometimes upset.

When have you experienced a deep and blessed experience through the better understanding of a particular beatitude which you may have been avoiding?

Prayer:

Lord we thank you for the peacemakers of this world which are now more needed than ever. They help us to look at others with compassion and an open heart. Forgive us Lord as a church for thinking we are superior to others and feed our ego by trying to be popular with those on our side rather than reaching out for the 'lost sheep' which is what Jesus requires of us.

Lord help us to be 'Pure of Heart' and free from ego-centred-ness. Let us look at people with open hearts and compassion which will help peace and joy to come into our very troubled world.

