Lectio Divina

>	Read and re-read, out loud and slowly	>	Pray - Thanksgiving - Repentance -
	the Gospel		Petition
>	Meditate on reading as being spoken to you, an experience in your life	>	Action - Attitude (Call to change / to do)

May17th 2015 Sunday Feast of The Ascension of the Lord -Year B- Mark 16:15-20 In today's Gospel we see Jesus speaking to some disciples who were facing a difficult time. They felt disorganised and lost; here now was Jesus standing before them and giving them a way to go forward. Many people today think that no one cares for them, not even God. True believers however speak words which can convey that gifts like true selflessness can bring help for all.

When has our faith in God enabled us to meet and overcome difficulties in our lives? **Prayer:**

Lord we thank you for people and cultures who have been through crucifixation experiences and have emerged with their faith and courage intact.

Forgive us for the times we set limits to your love not brining the good news you revealed to us to all creation.

Help us like the apostles at the Ascension of Jesus to go out into the whole world and announce with confidence the good news that the human spirit cannot be trapped in a tomb but will rise again.

