

Read the following passage four times.

- The first reading, simple read the scripture and pause for a minute.

 Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- ➤ The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "Where does the content of this reading touch my life today?"

 Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "I believe that God wants me to today/this week."

 Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Reading *Rom* 7:18-25*a*

Brothers and sisters: I know that good does not dwell in me, that is, in my flesh. The willing is ready at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want. Now if I do what I do not want, it is no longer I who do it, but sin that dwells in me. So, then, I discover the principle that when I want to do right, evil is at hand. For I take delight in the law of God, in my inner self, but I see in my members another principle at war with the law of my mind, taking me captive to the law of sin that dwells in my members. Miserable one that I am! Who will deliver me from this mortal body? Thanks be to God through Jesus Christ our Lord.



Read the following passage four times.

- ➤ The first reading, simple read the scripture and pause for a minute. Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- ➤ The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "Where does the content of this reading touch my life today?"

 Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "I believe that God wants me to today/this week."

 Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Responsorial Psalm R. (68b) Lord, teach me your statutes.

Ps 119:66, 68, 76, 77, 93, 94

iii (00b) Lord, teach me your statutes.

Teach me wisdom and knowledge, for in your commands I trust.

R. Lord, teach me your statutes.

You are good and bountiful; teach me your statutes.

R. Lord, teach me your statutes.

Let your kindness comfort me according to your promise to your servants.

R. Lord, teach me your statutes.

Let your compassion come to me that I may live, for your law is my delight.

R. Lord, teach me your statutes.

Never will I forget your precepts, for through them you give me life.

R. Lord, teach me your statutes.

I am yours; save me, for I have sought your precepts.



R. Lord, teach me your statutes.



Read the following passage four times.

- ➤ The first reading, simple read the scripture and pause for a minute. Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- ➤ The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "Where does the content of this reading touch my life today?"

 Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "I believe that God wants me to today/this week."

 Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Alleluia See Mt 11:25

R. Alleluia, alleluia.

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the Kingdom.

R. Alleluia, alleluia.

Gospel *Lk* 12:54-59

Jesus said to the crowds, "When you see a cloud rising in the west you say immediately that it is going to rain—and so it does; and when you notice that the wind is blowing from the south you say that it is going to be hot—and so it is. You hypocrites! You know how to interpret the appearance of the earth and the sky; why do you not know how to interpret the present time?

"Why do you not judge for yourselves what is right? If you are to go with your opponent before a magistrate, make an effort to settle the matter on the way; otherwise your opponent will turn you over to the judge, and the judge hand you over to the constable, and the constable throw you into prison. I say to you, you will not be released until you have paid the last penny."