



Pray Lectio Divina or Ignatian Imaginative with Mark 1: 40-45

Fog Reflection

- 1) What in your life do you need healing for or from? Don't be afraid to ask Jesus for this healing or how to take the first step towards healing.
- 2) What role does God's Word (Scripture) play in my life?
- 3) When you ask God for something, do you ask with trust and faith or do you ask with a 'less than hopeful hope'?

Weekly Challenge

- 1) Take a step towards finding healing, whether that's seeking out a safe adult to talk to or the Sacrament of Reconciliation or seeking forgiveness from someone.
- 2) Scripture is powerful. The more we are familiar with it, the more it can be used for prayer or for words of encouragement when we are struggling. Take some time to find 2-3 Scripture passages that you want to try to memorize in the next week. Here are some suggestions:

Jeremiah 29: 11
Romans 8: 28

Joshua 1: 9
Song of Songs 4: 9

Psalms 27: 1
John 10: 27-28

Matthew 14: 27
1 John 3: 1