



Pray Lectio Divina or Ignatian Imaginative with Mark 2: 1-12

Fog Reflection

- 1) Evaluate your friendships & relationships. Do you have four friends who would bring you to Jesus when things are difficult? Friends who help you to grow spiritually?
- 2) Who are you one of the four for someone else? How can you be a better Christian friend to them and others?
- 3) What paralyzes you?
- 4) Where is Jesus inviting you to put your faith in Him into action? Where is He asking you to trust more?

Weekly Challenge

- 1) Write a letter to each of your four persons thanking them for their friendship and being a witness of faith.
- 2) Take time to reflect and really evaluate your current relationships. Are there some the Lord is asking you to walk away from because they are unhealthy? Others He is calling you to begin?
- 3) Take one step toward overcoming what paralyzes you or one step toward putting your trust more fully into God's hands. For example: Afraid? Take a step of courage - perhaps sharing your faith with someone else. Angry? Pray for the person who has hurt you.