



Pray Lectio Divina with Mark 2: 18-22 or  
Ignatian Imaginative with Mark 2: 23-28

## Fog Reflection

- 1) Is there something in your life that you are holding onto that Jesus is asking you to let go of so that you can follow Him more closely?
- 2) How do you typically spend your Sabbath (Sunday)? What are some ways that you can make it a day of rest, and incorporate spending more time with God and with your family?

## Weekly Challenge

- 1) Choose something to fast for this week. It could be food or an activity (watching TV, shopping, social media, etc.). Offer up that time for penance or a special intention.
- 2) This week, plan out ahead of time what your Sabbath will look like and stick to it!