



Pray Lectio Divina or Ignatian Imaginative with Mark 3: 1-6

Fog Reflection

- 1) What area of your life needs full restoration? Have you let hope or dreams die? Allowed fear and anxiety to settle in your heart?
- 2) Is there something right now that is causing you grief or anger? What is it? Can you offer it to the Lord or find a way to resolve it?

Weekly Challenge

- 1) Take some time to listen to and pray with "Graves Into Gardens" by Elevation Worship.
- 2) Pray a Divine Mercy Chaplet for those who need healing.
- 3) Look for ways to restore beauty in the area and community around you. Here are some ideas to get you started:
 - Restore someone's dignity by having a conversation with them
 - Clean your bedroom
 - Paint a picture for someone
 - Use sidewalk chalk to give words or images of encouragement to passerby
 - Garden outside or pick up trash in your neighborhood