



Pray Lectio Divina or Ignatian Imaginative with Mark 3: 7-19

Fog Reflection

Just as the beloved disciple at the Last Supper rests his head on the heart of Jesus, so too does Jesus rest his head on the heart of the Father so that the Father can set the rhythm and pace for Jesus' life. We must also learn to be like the beloved disciple and listen to the heartbeat of Jesus and let Him set the pace and rhythm for our life. (Archbishop of Cincinnati at a Steubenville Conference, 2018).

Where do you go for rest? What rhythm does the Father set for your life? How can you be more attentive to listening to the pace God sets for you?

Weekly Challenge

1) Set aside 30 minutes this week for solitude - time to be alone with God. That could be sitting inside, going for a walk, kneeling in the Chapel, kayaking down a river. In the silence, let God speak.

2) Intentionally plan 15 minutes a day for "rest with the Lord."