



Pray Lectio Divina or Ignatian Imaginative with Mark 5: 1-20

Fog Reflection

- 1) What area of your life is dead? Have you let hope die? A particular dream or relationship? Self-confidence? What do you need Jesus to bring back to life?
- 2) What chains you? What chains do you need the Lord to break apart in order to set you free?
- 3) What in your (faith) life are you afraid to give God control of? Is there something in particular you are afraid that God might ask of you? Name it and spend time talking to God and praying with it.

Weekly Challenge

- 1) Offer up a fast or prayer (i.e. Divine Mercy Chaplet) for all those, or a particular person you know of, struggling with self-harm.
- 2) Take some extra time to pray with Ezekiel 37: 1-14 and the image of the dry bones being brought to life. How does this reading connect to the Gospel passage from Mark?
- 3) Been to the Sacrament of Reconciliation lately? Find time this week to do so. In particular focus on the sins that are acting as chains and holding you enslaved.