



Pray Lectio Divina or Ignatian Imaginative with Mark 6: 14-29

Fog Reflection

- 1) In what areas of your life are you "hurried"? How is God asking you to "Be still, and know that I am God" (Psalm 46: 11)?
- 2) Who is Jesus to you? What questions do you have *about* Jesus? To whom can you go to ask these questions? (see challenge below). What question(s) would you like to ask Jesus face to face?

Weekly Challenge

- 1) Schedule one time this week that you will intentionally "slow down." Perhaps that's sitting in silence for half an hour or going on a slow walk.
- 2) Find time to meet with a Spiritual Mentor (i.e. youth minister, catechist, parent) and ask them questions you have about Jesus and/or the faith.
- 3) Take time in the next few days to visit your Church and sit before the Lord in the Blessed Sacrament.