



Pray Lectio Divina or Ignatian Imaginative with Mark 6: 30-44

Fog Reflection

- 1) What areas of your life do you need to "rest" from? Where is Jesus inviting you to come to Him to fulfill that rest you need?
- 2) What source(s) are you seeking in hopes of being satisfied? In what ways have you experienced satisfaction by the Lord? (i.e. worship, Adoration, Rosary, Scripture, Mass)
- 3) What gifts, situations, or people is God asking you to entrust to His care so that He might bless it and pour forth inexhaustable and abundant graces?
- 4) Where have you seen the Lord show up in abundance in your life?

Weekly Challenge

- 1) Eat a meal with your family or a friend. Be intentional in the conversation and the preparation.
- 2) Prepare a meal for a local shelter/soup kitchen.
- 3) Every day this week, write down three things that you are thankful for and offer prayers of thank