



Pray Lectio Divina with Mark 7: 1-23

Fog Reflection

- 1) In what areas of your life are you on "cruise control"? A relationship with friends or family? Activities you're doing that perhaps have lost a sense of joy or purpose?
- 2) In your relationship with the Lord, where are you "just going through the motions"? What are some ways that you can change things up or look to be more attentive to God?
- 3) What "unclean things" are arising from your heart that Jesus wants to call attention to? How might you work to letting these things go?

Weekly Challenge

- 1) Spend a couple of days this week trying a different or new type of prayer experience, such as: Praise & Worship, Divine Mercy Chaplet, Liturgy of the Hours, Rosary, Adoration, or a novena.
- 2) Take time to prepare for Sunday's Mass by reading all the readings ahead of time. During Mass, do your best to focus on what is happening and offer prayer throughout.
- 3) Do a thorough examination of conscience and then seek healing through the Sacrament of Reconciliation.