



Pray Lectio Divina or Ignatian Imaginative with Mark 7: 24-37

Fog Reflection

- 1) Where have you seen God's healing in your life or those around you?
- 2) Where do you need to be more open to God trying to work in your life?

Weekly Challenge

- 1) Pray the Litany of Trust this week. Is there a particular petition sticking out to you? Why? Spend time praying with it.
- 2) If there is a particular area of healing you need, look into a patron saint and ask for their intercession as you pray an Our Father, Hail Mary, and Glory Be everyday for 9 days. Here are some examples:
 - St. Maximillian Kolbe -- Addictions
 - St. Dymphna -- mental health
 - St. Lucy -- eyesight