



## Pray Lectio Divina or Ignatian Imaginative with Mark 8: 1-10

### *Fog Reflection*

- 1) What particular situation or experience is "repeating" in your life? Where might God be asking you to trust Him in a new way or grow in a particular virtue?
- 2) What can you offer God, no matter how small, that He wants to multiply in abundance?
- 3) What are your feelings toward Mass? The Eucharist? How can you participate more in Mass?

### *Weekly Challenge*

- 1) Attend a daily Mass this week. Take some extra time afterward to rest in the silence and presence of the Lord who dwells within you.
- 2) Eat a meal with a friend or family member this week. Pray with them.