4. CONTEMPLATION

Now, stay silent to welcome the presence of God within you. In your mind and heart, you may repeat a word or phrase that keeps you united with the Lord. For example: "Here I am Lord, send me", or "Thank you for calling me!", Or another, inspired by the Spirit. Stay like this for a few minutes. If you get distracted, do not worry, continue your "loving attention" to the Lord by using the word or phrase. Then you can write "your word or phrase":

5. TAKE THE WORD TO ACTION

Now, this is the moment of commitment, of making concrete resolutions for your daily life flowing from the invitations in His Word today. How is the Lord asking you to embody this Word today? Write down your commitment and give thanks!
Gospel according to Mark  (MK 4:3-9)

“Hear this! A sower went out to sow.
And as he sowed, some seed fell on the path, and the birds came and ate it up.
Other seed fell on rocky ground where it had little soil. It sprang up at once because the soil was not deep. And when the sun rose, it was scorched and it withered for lack of roots.
Some seed fell among thorns, and the thorns grew up and choked it and it produced no grain.
And some seed fell on rich soil and produced fruit. It came up and grew and yielded thirty, sixty, and a hundredfold.”
He added, “Whoever has ears to hear ought to hear.”

The Gospel of the Lord. People: Praise to you, Lord Jesus Christ

2. MEDITATION: What does the text say to me?

Now, ask yourself: what is God inviting me to through his Word? How does His Word change my life? How does His Word nourishes my friendship with Jesus and my relationship with my brothers and sisters? Use the space below to write down your insights:

His Word invites me today to:

3. PRAYER: What do I respond to God?

It is time to let your heart speak and the Spirit pray within you. Use the space below to write your own prayer: thanksgiving, petition, asking forgiveness, praise or simply speaking one to One, as you would talk to a FRIEND:

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