

Commentary on the Gospel for Sun, Feb 5th 2012

Lectio - Divina

Read

Mark 1: 29-39: Jesus continues his ministry of healing and preaching. He gets his strength from his daily communion with his Father.

Reflect:

Prayer is the first and last act of a missionary. Prayer is not only for sustenance but an integral part of the mission. Contemplation complements action.

Pray:

Many get burned out because they forget how essential prayer is to their ministry. Do not forget to say a prayer before, during and after any activity.

Act:

Find a quiet time to sit in meditation or simply contemplate the presence of God in and around you.

BD