



Saturday, October 2

First Adoration & Prayer

Magdala: Duc In Altum, Chapel of Mary Magdalene

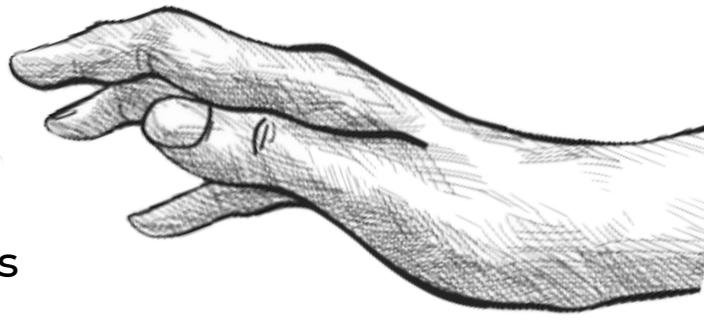
"RESTORE ME"

John 5:1-9 (RSV)

After this there was a feast of the Jews, and Jesus went up to Jerusalem.

Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another gets down there before me." Jesus said to him, "Rise, take up your mat, and walk." And immediately the man was healed, and he took up his mat and walked. Now that day was the sabbath.





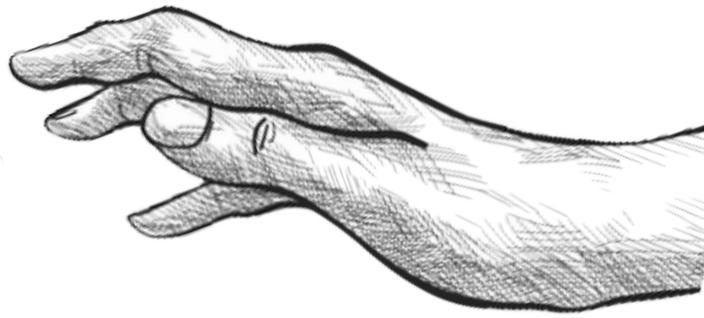
Lectio Divina: praying the scriptures

- Read: Read through the passage once to become familiar with the text.
- Read the passage again more slowly.
- Read the passage a third time, repeating to yourself the words or phrases that stand out.

- Reflect: Try to identify the feelings that arise within.
- What is stirring in your heart?
- What happens inside when you consider that God loves you, that he knows your needs? That he comes to find and heal you? That he comes to rescue you when you haven't been able to fully help yourself?

Reflection Questions: Take a moment to examine your readiness for Jesus to heal you.

1. Do you recognize your need for healing?
2. Do you want to be healed? Have you given up hope that you can be healed?
3. Do you believe Jesus desires to help you?
4. Can you identify any attitudes of doubt and unbelief inside that stand in the way of you receiving Jesus' powerful healing love?



- Respond: Speak to God of your feelings and insights, in the form of a prayer. What is God speaking to you? offering you? asking you?
- Rest: Sit quietly in God's presence, asking, "What are you saying to me?" Try to rest in God's love, and listen. Trust that what comes to you - when it uplifts and brings peace - comes from the Lord, the source of all that is good.

An optional text for prayer and reflection is Psalm 34, below.

Psalm 34: 5-9 (RSV)

I sought the Lord, and he answered me,
delivered me from all my fears.

Look to him and be radiant,
and your faces may not blush for shame.

This poor one cried out and the Lord heard,
and from all his distress he saved him.

The angel of the Lord encamps
around those who fear him, and he saves them.

Taste and see that the Lord is good;
blessed is the stalwart one who takes refuge in him