

Here's a text if you've only a minute ...

I will bless the Lord who gives me counsel,
who even at night directs my heart.

Psalm

When Christ freed us, he meant us to remain free. Stand firm,
therefore, and do not submit again to the yoke of slavery.

Second Reading

I will follow you wherever you go.

Gospel

If you are guided by the Spirit, you will be in no danger of yielding
to self-indulgence.

Second Reading

Father, you call your children to walk in the light of Christ.
Free us from the darkness
and keep us in the radiance of your truth.

Old Opening Prayer

This week's texts if you'd like to reflect further:
1 Kings 19: 16, 19–21; Ps. 15 (16); Galatians 5: 1, 13–18; Luke 9: 51–62



Jesus
resolutely
took the
road to
Jerusalem

If you'd like to receive Prego by email each week, sign up at
www.stbeunosoutreach.wordpress.com

ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

**FOLLOW
ME !**



13th Sunday in Ordinary Time
Year C,
30th June 2019

The readings this week focus on the answers different people
make to the call to follow the Lord.

In the **First Reading**, Elisha leaves his people to follow Elijah, the
Lord's prophet, but only after he has fed them and said goodbye
to his parents.

However, that is precisely what Jesus won't allow one of his
potential followers to do along the road towards Jerusalem. Being
Jesus's disciple involves total commitment and support, without
any looking back, even when the conditions are demanding.

(Gospel)

If we serve the Lord in freedom, and love our neighbour as
ourselves, then the Spirit will guide us and help us not to become
self-indulgent. **(Second Reading)**

Then we can trust, with the **Psalmist**, that the Lord will show us
the path of life: joy and happiness will be ours forever if we keep
him in our sight and follow him.

This week, we might want to reflect on great disciples who have
followed the Lord unconditionally – like St Oscar Romero or St
Teresa of Calcutta – and be encouraged by their example.

Opening Prayer

O God, who through the grace of adoption
chose us to be children of light,
grant, we pray,
that we may not be wrapped in the darkness of error
but always be seen to stand in the bright light of truth.

Psalm 15 (16)

R/. O Lord, it is you who are my portion.

Preserve me God, I take refuge in you.
I say to the Lord: "You are my God."
O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

After coming to quiet, putting aside as best I can all the demands of my everyday life, I may want to repeat a short, familiar, well loved phrase such as '*O Lord my God, have pity on me*' or '*This is the day the Lord has made, let me rejoice and be glad in it.*'

Eventually I read the psalm slowly, repeatedly, letting its inner rhythm resonate within me. When I am familiar with its words, I stop and ponder on a phrase which 'speaks' to me particularly.

Perhaps I look at the lines starting with 'I', and ask myself: 'Do I do this?' – and if not – 'Would I like to?' I speak to the Lord about my answers.

Maybe I am drawn to reflect on the Lord being always at my side, even at night. Does it make my heart rejoice ... or do I feel threatened by his constant presence?

How do I feel when I realise I am the Lord's beloved? Who else in my life calls me 'beloved' ?

I speak to the Lord about them and ask for his continued support, so they, too, might enjoy *the fullness of joy and happiness for ever.*

I close my prayer with my own words of thanksgiving.

Gospel Luke 9: 51–62 (part)

As the time drew near for him to be taken up to heaven, Jesus resolutely took the road to Jerusalem and sent messengers ahead of him. ...

As they travelled along they met a man on the road who said to him, "I will follow you wherever you go." Jesus answered, "Foxes have holes and the birds of the air have nests, but the Son of Man has nowhere to lay his head."

Another to whom he said, "Follow me," replied, "Let me go and bury my father first." But he answered, "Leave the dead to bury their dead; your duty is to go and spread the news of the kingdom of God."

Another said, "I will follow you, sir, but first let me go and say goodbye to my people at home." Jesus said to him, "Once the hand is laid on the plough, no one who looks back is fit for the kingdom of God."

As I prepare myself to spend some time with the Lord, It might help to ask myself why I want to do this, and what frame of mind I am in.

With utter honesty I tell the Lord what is in my heart.

After a while I pick up the leaflet and start reading the Gospel. I may need to read it several times before I become familiar enough with it to put it aside and reflect.

What picture do I have of Jesus walking 'resolutely' to Jerusalem?

With hindsight, I know what will take place there. How does that make me feel?

I may now want to turn to the three would-be disciples. Two of them want to follow Jesus ... but not just yet! Their requests seem eminently reasonable. I ponder. Do I recognise myself in one – or possibly all – of them?

What has been, is, or will be my response to Jesus's call: '*Follow me*'? Is it 'I will follow you *if...*' or 'I will follow you *even if...*'?

I speak to the Lord, aware that he will never ask of me more than I can freely give.

In time, I slowly bring my prayer to an end. I thank the Lord for allowing me to *travel along* with him today. *Glory be ...*