

Tuesday of the Fourth Week of Lent

Readings: Ezechiel 47.1-9, 12 – Miracle of life; John 5.1– 16 -Take your mat and scat.

Reality: “The greatest force in the human body is the natural drive of the body to heal itself – but the force is not independent of the belief system, which can translate expectations into physiological change. Nothing is more wondrous about the 50 billion neurons in the human brain than their ability to convert thoughts, hopes, ideas, and attitudes into chemical substances. Everything begins, therefore, with belief. What we believe is the most powerful option of all.” (Norman Cousins).

Prayer: God, give me the patience to wait for the coming of your healing presence of life. In silence, speak words of life to me.
