

Wednesday 16 October

Today is Wednesday the 16 October, in the 28th week of Ordinary Time.

The monks of Glenstal Abbey sing *Ubi caritas est vera, Deus ibi est*. Wherever love is true, God is there. If you are commuting or near people, look around you. If you are praying alone, think of the people in your life. Think of the lives these people lead, how they move about their daily lives, their work, their worries, their passions, their loves. God is present here: the God who is love. Present, living, dwelling in every one of these people, and in you.

Today's reading is from St Paul's letter to the Romans.

Paul doesn't often quote Jesus directly, but here he seems to be commenting on Jesus's words "Do not judge, and you will not be judged yourselves". How do these words sound to you? Do you think of yourself as a judgemental person?

One reason that God doesn't judge harshly, according to Paul, is that God's kindness and patience gives us time to change our ways. Can you point to any experiences of God's kindness and patience towards you in recent days and weeks?

Paul is anxious that we shouldn't take God's patience for granted. How do you find yourself reacting to Paul's concerns here?

Towards the end of the reading, Paul shows what is in store for those who do good, and for evil-doers. Notice their contrasting fates as you hear the passage read again.

What do you find yourself wanting to say to this kind and patient God in the closing moments of this time of prayer?