

Monday 11 November

Today is Monday the 11 November, in the Thirty Second Week of Ordinary Time.

The Sons of Korah sing, He watches over you, a setting of Psalm 121.

Today's reading is from the Book of Wisdom.

The writer of the Book of Wisdom explicitly addresses the 'rulers of the earth.' We are very good at being critical of our Politicians and our Church leaders but do we pray for them; do we ask the Lord to help them? Take some time to pray for our leaders.

As it continues, our passage reminds us that 'perverse thoughts separate people from God' and it is undoubtedly the case that much unhappiness stems from our own minds and our own misperceptions. Take some time to think about something which might be troubling you at the moment, and ask God to look at it with you.

Now as you look at it, is there something you can do to improve the situation?

As you listen to the reading again, notice what thoughts and feelings stir in you.

In Britain, today is Remembrance Day, when we remember those who have fought and died in war. Spend some time asking the Lord how you could be an instrument for peace in the world.