

## **Wednesday 19 February**

Today is Wednesday the 19 February, in the Sixth Week of Ordinary Time.

Bifrost Arts sing, 'Wisdom and Grace'. As you enter into a time of prayer today, become aware of the God of all wisdom, present with you now.

Today's reading is from the Letter of James.

The very first line of this reading today is quite a challenging one! 'Let everyone be quick to listen, slow to speak, slow to anger;' If someone were to describe your personality would any of these things be on their list..?

Have you ever used the phrase 'practise what you preach'..? This is something that many of us sometimes fall short of... it is much easier to tell others what to do rather than look at ourselves. Take some time now to do that. Look at yourself, look deep inside yourself, and for a few moments be honest with yourself about what you find there...

As the reading is read a second time, what other word or phrase strikes you as something God might be saying specifically to you today.

Hold that word or phrase in your mind and heart before God today, you might want to talk to God about what it might mean or you might still be searching and want to talk to God about that search. Whatever it is, bring it before God with an honest and open heart.