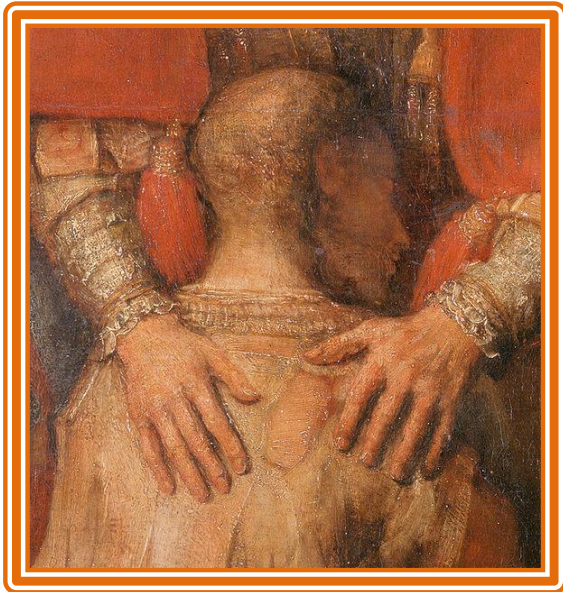


# *Finding God in My Day*



*While he was still a long way off his father saw him  
and was moved with compassion.  
He ran to him and threw his arms around him  
and kissed him. Luke 15:20*

## **Reflection on the day**

This type of prayer is about being attentive to God, seeking to recognise God's touch, God's scent, the resonance of God's harmony in our lives... As we seek to know God more we naturally become more in tune with God's calling and leading. This is a way of prayer to help us reflect on God's presence in our lives and our response to God's love. It can help us become aware of, and escape from, habits and patterns of behaviour that stop us fully responding to God. We are encouraged to become aware of our deepest desires and in them find our 'one love, one desire and one choice'.

If God is creator of all, and in all, then I need to be attentive to every aspect of my experience of that creation. We tend to live at a rapid pace, moving from one thing to the next. This reflective prayer allows us to slow down, recall and reflect on our experiences, interactions, feelings – both those that seemed important at the time, and those we find to be important only upon reflection. A daily practice is encouraged, usually in the evening, but this type of prayer is very flexible to adaptations.

### 1) I BECOME STILL

I do what helps me to become still and present to God. I am aware of God's loving gaze. I might imagine myself leaning into the Father's embrace where I can listen to God's heart of compassion.

### 2) I ASK FOR LIGHT AND WISDOM

I pray and ask God for the grace of light and wisdom. Light for seeing clearly the experiences I am going to recall. Wisdom so I might understand what I see – and know how to respond. (I may need to choose what period of time to review)

### 3) I LOOK BACK ON WHAT HAS PASSED

I allow myself to wander back through the past – particularly paying attention to my feelings and where I felt ‘energy’ or ‘movements’ of my spirit. I don’t avoid the painful – neither do I spend too much time on it. I give myself permission to feel whatever I feel and to know that God knows and understands... I may talk with Jesus, or remember quietly, or draw, or sing, or allow my body to move.... Whatever helps me to get in-touch.

- What has given me life and energy today? Where have I felt drawn by God? As these experiences become clearer, I give thanks to God. I spend time to relish and feel the joy of what has been given generously. I become aware of where God had worked his glory in me. I ask for more understanding and repeat my thanks.
- What has drained me of life and energy today? Where have I felt driven by myself or others? Where did I feel sadness, hurt, helplessness, fear or anger today? I express my feelings before God and ask for the help and healing I need. I remember the Father’s warm embrace of the filthy prodigal and the tender restoration of all that had been lost or spoilt. I receive forgiveness – and give thanks.

### 4) I LOOK FORWARD TO WHAT IS TO COME

I ask for grace to follow Christ more nearly in the day/days ahead. I may ask for a particular grace/gift that I desire. I may ask for help in particular situations/relationships or with particular habits that stop me becoming who God is calling me to be...

### 5) I END MY PRAYER

I end my prayer slowly, letting my heart speak to the Lord. I may make an external or internal sign of the cross.

To be in your presence, to sit at your feet,  
Where your love surrounds me and makes me  
complete.

*This is my desire, O Lord, this is my desire.*

*This is my desire, O Lord, this is my desire.*

To rest in your presence, not rushing away,  
To cherish each moment, here I would stay.

*This is my desire...*

(Noel Richards)

Nothing is more practical than finding God,  
that is, than falling in love  
in a quiet, absolute, final way.  
What you are in love with,  
what seizes your imagination,  
will affect everything.  
It will decide what will get you  
out of bed in the morning;  
What you will do with your evenings,  
how you will spend your weekends,  
what you read, who you know,  
what breaks your heart,  
and what amazes you with joy and gratitude.  
Fall in love; stay in love,  
and it will decide everything.

(Pedro Arrupe SJ)