

5. Choose some of the most significant Saddy's and ponder 'What is God showing me here?' There are some possibilities to ponder and pray over – seeking God's light.

- unavoidable realities that have to be lived with?
- unnecessarily burdens that are inviting me to let them go?
- Invitations to find another way of being with – am I trying too hard here – trying to prove or be something I'm not, or have I got into a negativity that is inviting me to let go? See if insight emerges.

6. Let yourself sit prayerfully before God with the insights and invitations that have emerged. Ask for God's help – forgiveness, courage, wisdom...

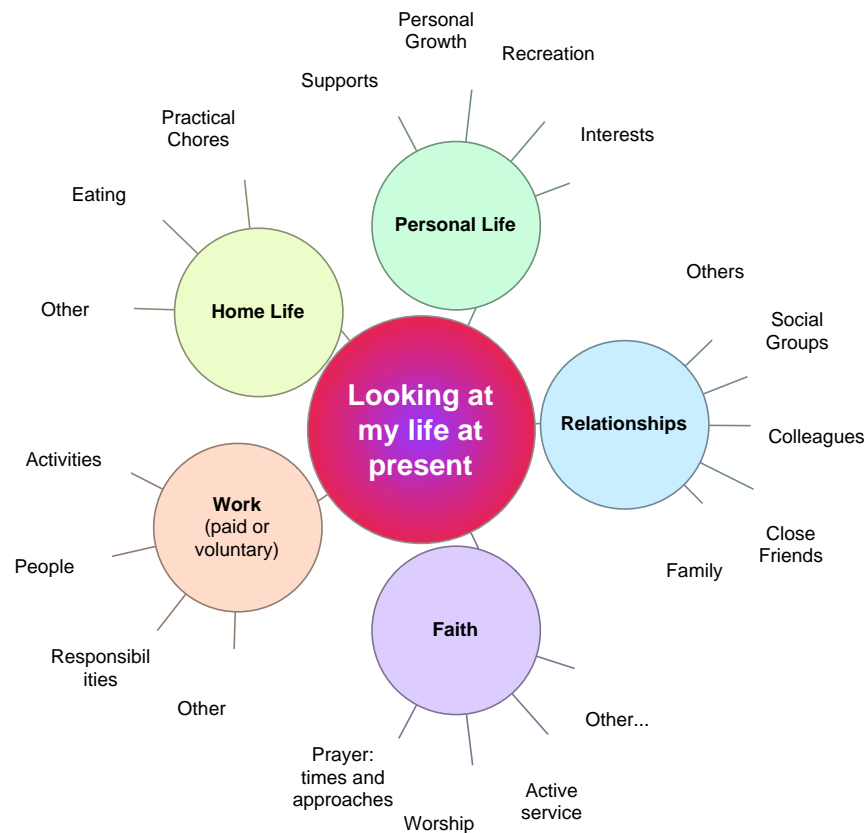
Looking at my life...



It can be helpful from time to time to stop and reflect on your life and seek to discern what it might be showing you?

This is a companion resource for
Grove Book S130 Ignatius of Loyola by Nick Helm
Download from www.ignatius.soulspark.org.uk

1. Take some time to give an overview of your current life and its many facets. You can use the mind-map structure offered here – adapting and developing it to suit you. Seek to make as many branches, twigs, twiglets... as appropriate for you so as to give you a number of discrete activities, relationships, responsibilities, tasks... It can be helpful to use a large sheet of paper – and perhaps coloured pens...



2. Once you have got as much as you can down on the paper take a bit of time to look at it – praying ‘Lord, show me’.

What do you notice? What strikes you as you look at it all? How do you feel as you look at it?

3. Now take some time to look at each of the items asking ‘what does this feel like?’ ‘Does it bring life and energy or does it drain life and energy?’

For those things that bring life and energy, draw a smiley face. 😊

For those things that drain life and energy, draw a sad face. ☹️

Some things may bring both feelings. If so can you identify what factors bring life, and what factors drain life. Perhaps make further twigs to show the distinction.

If you find yourself with no clarity about a particular aspect move on. Don't work too hard at this, but seek to recognise the effect of each aspect on you.

4. Looking at the Smiley's ponder ‘What if these are where God is encouraging and gifting me?’ Take time to feel the enjoyment of having these things in your life and God's gift to you through them.