

REVIEWING THE DAY

finding God in our daily experiences

This way of praying is explored in greater depth in the book

Sleeping with Bread: Holding What Gives You Life by Dennis Linn, Sheila Fabricant Linn and Matthew Linn (Paulist Press 1995)

*'God is in everything, closer to me than I am to myself.
God is in every fact, every moment.
Everything and everyone is sacred.
Every bush is burning, if only we have the eyes to see.'*

Gerard Hughes 'God where are you?'

Its not unusual towards the end of the day to mull it over, recalling the events and your thoughts and feelings. There is a very valuable way of praying that builds on this. This brings us into greater awareness of God's presence in our daily lives and how we respond. It need only take about 10 or 15 minutes.

Often when we look back at things we have done we do so with quite self-critical eyes – mentally kicking ourselves for what we said or wished we had said.

However, in this process it is important to let go of our own judgements, asking instead for God to show us.

This is a discerning prayer – we approach it with the desire to faithfully listen to God and be guided by the Spirit as we seek to serve Christ in our lives.

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

Beginning:

The process begins by simply praying from our desire to serve and be led by God. You could use these words or your own.

'Lord, I want to give all of myself to your praise and service. Show me what you want to show me about my day.'

Give a few moments to relax into awareness of God's loving presence.

Looking over the day:

Let your mind roam over the day - in any order. As you do, **look first for those moments which you enjoyed.**

Take time with them, relive them, relish them and thank God for them. They are God's gift to you, signs of his love.

Give yourself at least 5 or 6 minutes gratefully receiving these gifts.

Now, take another look over your day. This time, **look at your moods and inner feelings through the day.** Without judging, notice how your mood has been through the day, and how it has shifted. When you notice a shift, stay looking at that point. Ask God to show you what this is showing you about your attitudes and desires.

Moods and inner feelings arise from our desires, and our habitual desires become attitudes. When our desires/attitudes are satisfied, we are feel content; when they are frustrated, we become irritable.

We are praying to know the desires and attitudes that underlie our moods. Are my desires/attitudes directed to God's Kingdom - am I living to praise and serve God, or are my desires directed to my personal kingdom - my comfort, my wealth, status, success, honour - wanting creation to praise, reverence and serve me?

Looking at the shifts in our mood can reveal where our self-centred desires and attitudes have been dominating, and so we can express our sorrow to God for this, and ask for his grace to help us let go of the attitude or desire.

Again give yourself 5 or 6 minutes as you do this. Respond to any insights as appropriate to God. This may be expressing sorrow and asking forgiveness and healing where we have become aware of self-centredness.

Looking ahead

Move your attention to what tomorrow might be bringing and what you need from God. This may relate to what has emerged in your reflections or it may be something else.

Ask God for what you need, for God's guidance and to enable you to trust yourself to his care 'Like a child in its mothers' arms'. Ps. 131

This is a surprisingly valuable and important way to pray, because it brings our inner attitudes and desires into our relationship with God and regularly seeks to align them to God's desire for us.

Many people have found that over a couple of weeks, they notice a change in their attitudes and their awareness of God in their daily lives – noticing all sorts of 'burning bushes'.

This same process can be used to look over longer periods of time – a month, or year, to notices 'bigger' movements of God in our life.