

Prayer Week 2

LISTEN

Focus on God.

Quietly express your love for Him.

Focus on yourself.

Commit to God all that has happened during the day.

Offer him your thanks and praise for the good things; confess the mistakes you have made and receive his forgiveness.

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out.

Breathe in.

Be still.

REFLECT

Mark 6:30-32 (the Message)

The apostles then rendezvoused with Jesus and reported on all that they had done and taught. Jesus said, "Come off by yourselves; let's take a break and get a little rest." For there was constant coming and going. They didn't even have time to eat.

So they got in the boat and went off to a remote place by themselves.

PRAY

Loving God,

forgive me if I have hurt, or failed, or disappointed anyone today.

Forgive me if I have said,

or done, or thought, unworthy things.

I ask you to:
sustain me in the way of truth,
guide me in the path of peace,
and infuse me with the values of your kingdom.
Give me, O Lord, a steadfast heart
which no unworthy affection may drag downwards.
Give me an unconquered heart which no tribulation can wear
out.
Give me an upright heart which no unworthy purpose may
tempt aside. Bestow upon me also, O Lord my God,
understanding to know you,
diligence to seek you, wisdom to find you,
and a faithfulness that may finally embrace you;
through Jesus Christ our Lord.

Thomas Aquinas (c.1225-74)

Prayers for others

Light eternal, shine in my heart,
power eternal, deliver me from evil:
wisdom eternal, scatter the darkness of my ignorance.
Grant that I may ever seek your face,
with all my heart and soul and strength;
and, in your infinite mercy,
bring me at last to your holy presence,
where I shall behold your glory
and possess your promised joys.

Alcuin (735-804)

CONCLUDE

God of grace and glory give us the mind, the heart, and the
strength to live for you. Walk with us and work through us
that we may be faithful in prayer, grow in holiness and draw
many to you. As we walk in the power of the Spirit transform
us into the likeness of Christ, to the glory of your name.
Amen.

A Handful of Reflection

Thumb – hook – catch the thought

1st finger – point to God – what do I need to say to God about this (*say thank you to God for good things in the day*)

2nd finger – middle for me – what do I need to reflect/learn? Do I need to say sorry? (*say sorry for mistakes*)

3rd finger – ring finger – put a ring around it! Mark it for later (*leave other things until later – prays for needs later in prayers or actions when you have finished praying*)

4th finger – little finger (weak finger because we rely on grace not our own strength) – let it go and return to exercise



Many patterns of this have emphasised saying thank you to God for good things (1st finger) and sorry for our mistakes (2nd finger)

There are other things we may want to say to God, or reflect on for ourselves (as we develop this style of prayer)

Because it is about our relationship with God we don't let other things intrude on this time (3rd finger) but we can bring these things into our prayer later when we pray for needs.

This is used to reflect on day, week, month and involve God in the reflection – like sharing with a friend at the end of a day.

It can also be used to handle troublesome thoughts when you cannot settle into the contemplative prayer of week one.

The Handful of Reflection exercise is a simple version of an old practice called Examen

Daily Awareness Exercise

Ignatius Loyola also suggested a pattern of prayer that could help people to detect God's presence in the events of each day and to discern God's direction for the future. This pattern, traditionally known as 'the Examen', takes about fifteen minutes and is structured as follows:

Take some time to reflect:

- Where today have I experienced God's love? Give thanks.

I ask that God, who is love, will guide my reflection

Be aware of any event that stands out:

- Maybe something that gave a sense of joy or peace?
- Maybe something that feels uncomfortable?
- Recall the experience: what was going on?
- What was happening in my relationship with God?

Now I wait in openness. What is God showing me through this experience?

- I talk to God about how I feel.

How will I respond to God's love in my life today?