



Examen 1

PURPOSE: TO REFLECT ON WHERE I WAS MOST AND LEAST PRESENT TO GOD'S LOVE IN MY DAY

NOW GET INTO A COMFORTABLE POSITION. BE AWARE OF YOUR BODY RELAXING AND YOUR MIND QUIETENING. TAKE A DEEP BREATH AND ASK GOD TO MAKE HIS PRESENCE KNOWN AROUND AND IN YOU. IN THE STILL AND THE QUIET WE CAN BECOME MORE AWARE OF HIS PRESENCE AND SOAK IT IN.

ASK GOD TO REVEAL ALL THE GIFTS AND FAVOUR WE HAVE BEEN GIVEN TODAY FROM THE BIG, WHICH COULD BE A NEW DAY OR PROVISION, TO THE SMALL, WHICH COULD BE THE KINDNESS FROM A FRIEND, NEIGHBOUR OR A STRANGER. THANK HIM FOR THOSE THINGS THAT HAVE BEEN BROUGHT TO MIND.

WE ARE NOW GOING TO REVIEW THIS DAY HOUR BY HOUR. BEFORE WE DO LET'S ASK GOD TO FILL US WITH HIS LOVE, THAT OUR FOCUS MAY BE HIS FOCUS. AS WE RELIVE EACH SIGNIFICANT MOMENT LET'S LINGER IN THE IMPORTANT MOMENTS AND PASS QUICKLY OVER THE LESS RELEVANT ONES.

LET'S CONTINUE THANKING GOD FOR THE GIFTS WE FIND IN OUR DAY. WE'RE INVITED TO PAUSE AT ANY OF THE DIFFICULT MOMENTS OF OUR DAY. LET'S PAY ATTENTION TO ANY MISSED OPPORTUNITIES WHEN WE COULD HAVE ACTED IN A CERTAIN WAY BUT DIDN'T. WHEN WE FIND MOMENTS IN WHICH WE WEREN'T THE PERSON WE WERE CALLED TO BE, LET'S ASK GOD'S FORGIVENESS AND RECEIVE HIS SENSE OF MERCY.

LET'S ASK GOD TO SHOW US CONCRETELY HOW HE WANTS US TO RESPOND OR WHAT HE WANTS US TO DO TOMORROW. WHO ARE YOU ASKING ME TO BE, FATHER GOD? HOW CAN WE WORK TOGETHER TO BE THAT PERSON TOMORROW?

ARE THERE ANY LAST WORDS WE WISH TO SAY TO GOD?