

## **Saturday Examen**

Take a few moments to look back over the days since last weekend, and see what you notice spontaneously.

Which of those events, or people, or ideas, can you recognise as being gifts given you by God? Give thanks for those.

Which events, or people, or ideas, have been more difficult or challenging? What do you want to say to God about those?

Pick one thing from the last seven days that you particularly want to remember, or to carry forward into the week ahead.

Tomorrow we begin the season of Advent and say goodbye to Ordinary time... What do you most need from God – a gift, or a grace, or a strength – as you look forward to the next season? Ask for that gift now.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

Take a few moments to look back over the days since last weekend, and see what you notice spontaneously.

Which of those events, or people, or ideas, can you recognise as being gifts given you by God? Give thanks for those.

Which events, or people, or ideas, have been more difficult or challenging? What do you want to say to God about those?

Pick one thing from the last seven days that you particularly want to remember, or to carry forward into the week ahead.



Tomorrow we begin the season of Advent and say goodbye to Ordinary time... What do you most need from God – a gift, or a grace, or a strength – as you look forward to the next season? Ask for that gift now.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.