

## **The Saturday Examen**

Welcome to the Saturday Examen.

Prepare yourself for prayer today by focussing on your breath...take a few deep breaths in...and then a few releasing breaths out. Notice how the change in breath brings stillness and an awareness of God's presence.

Cast your mind back over the week... we have heard of lives changed through persistence, perseverance and great faith. At the beginning of a new year it may be that these qualities may be part of your resolutions for the future. Take a moment to recall your responses to the week's reflections.

Is there a particular moment God is drawing you to remember? Notice what rises to the surface naturally... allow the moment to reveal itself ...

Do you notice any tensions, lack of understanding or frustration? Allow these moments to be witnessed...

Where, in the prayer journey of the week, have you found an opening of the heart or sense of revelation or relationship? Is there something you would wish to be part of this new year journey? Again, notice what arises naturally...

Looking forward, what would you like to ask God for, to find movement in your prayer life and practice.

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.

Welcome to the Saturday Examen.

Prepare yourself for prayer today by focussing on your breath...take a few deep breaths in...and then a few releasing breaths out. Notice how the change in breath brings stillness and an awareness of God's presence.

Cast your mind back over the week... we have heard of lives changed through persistence, perseverance and great faith. At the beginning of a new year it may be that these qualities may be part of your resolutions for the future. Take a moment to recall your responses to the week's reflections.

Is there a particular moment God is drawing you to remember? Notice what rises to the surface naturally... allow the moment to reveal itself ...



Do you notice any tensions, lack of understanding or frustration? Allow these moments to be witnessed...

Where, in the prayer journey of the week, have you found an opening of the heart or sense of revelation or relationship? Is there something you would wish to be part of this new year journey? Again, notice what arises naturally...

Looking forward, what would you like to ask God for, to find movement in your prayer life and practice.

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.