

Saturday Examen | 22 January 2022

Welcome to the Saturday Examen.

This is a chance to look back prayerfully and reflectively at what we have done during this week, both our activities and our praying, to get used to seeing where God has been.

As we begin, become aware of your surroundings... become aware of your breathing without changing the natural rhythm...and begin to draw your attention to God's loving gaze and God's presence with you here...and now...

Did you feel God's presence with you during your prayer this week?
Can you remember one particular scripture passage or verse that really touched you in the prayer this week?
Where did you feel a lightness of heart?
Where did you find it hard to hear God's voice? Why was that?

Gratitude is an important part of this prayer. What would you like to thank God for today?

What do you need for whatever might happen next week?

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.

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