

The Feast of St Matthias | Saturday 14 May 2022

Welcome to the Saturday Examen.

Take a moment to become still and present to God's gaze of love on you in this moment...

Throughout the week, you were invited to recognise your own belief in Jesus; to recognise where this sits in your body... take a moment to relocate that belief now, and sit with it as we invite the Holy Spirit to help us reflect back over the week...

Where have you felt moved or stirred towards a lightness of heart; a hopeful joy or peace during your week?

Was there a particular moment that made you feel fully alive? Recall what happened...

Where have you felt a heaviness? A sense of friction or tension?

Was there a particular moment that made you feel drained of energy or a sense of despair? Recall what happened...

Taking all these moments into account, what would you like to take with you into the coming week ahead?

Take a moment to ask God for all that you need in the days to come in order to remain close to the Lord...

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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