

## Saturday 21 May 2022

Welcome to the Saturday Examen.

In our readings this week, we have alternated between John's Gospel, hearing the words of Jesus before his crucifixion, and those of Peter, Paul and Barnabas in Acts.

Become quiet and still for a few moments, focusing on the present moment...

Now listen to some of the words spoken in the readings from this week.

'Stand upright on your feet.'

'My peace I leave with you.'

'Abide in me as I abide in you.'

'All other peoples may seek the Lord.'

'Love one another, as I have loved you.'

Which of these phrases most stands out to you today?  
Or perhaps there is another memory you recall from the week.

Stay with this phrase or memory as you spend time with the Lord now.

Tell Jesus what you most need today...

Now share with him something that you are grateful for.

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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