

A DAILY EXAMINATION OF GRACE

Scanning over your life at the beginning or end of the day

Invite the Christ, Light of the world, to walk with you as you rehearse the past twenty-four hours (or recent time period)... gently sift through events and encounters. Breathe deeply: in... out... Imagine things unfolding as from a slow moving train...

1. GIFT (WOW!) Give thanks for any gift(s) of the day.

Celebrate God's empowering love at a time or times when you felt loved, or loving.

2. STRUGGLE (WOA.) Notice times when you struggled to

feel loved, or loving, some unrest in your soul, some unresolved tension. *Celebrate God's undefeated love* and hear: "I know that and I love you." "You are my beloved."

3. INVITATION (WHAT NOW?) Ask God, What grace do I need to name and claim to be more whole today?...

Allow a word or phrase—an image or metaphor—to come to mind. Begin to repeat it, slowly with your breathing; or picture it if it's an image. (Silence)

Last: Imagine a little hidden video at home or work: Visualize yourself in some situation, acting as if you are already whole.

Return to active life using a line of a poem, scripture or song. For group: Share with one other person, as seems good (4-5 minutes). Conclude with a brief silent prayer for each other.

Adapted from *The Spiritual Exercises* of Ignatius of Loyola

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