

Have you taken time with God to ask his Spirit to work in your life to prepare you for what is ahead in your life? As the constraints of lockdown are eased, we are presented with opportunities to be renewed, to lay our lives down in love for the oppressed and sick, to reach out to neighbours with Good News, to live more simply, to live more slowly and restfully. May God prepare a new work in us to follow him in love more closely.

Activity for Reflection



You may want to play this song in the background as you do the following exercise:
<https://www.youtube.com/watch?v=WUKILnX5eOA>

- Pray and ask God to speak and shape you.
- Then when you are ready, take some time with pen and paper to write or draw a list of three things you want to lay off in your life as the Spirit blows and burns in your life.
- Now write or draw a list of three things you want to take up or continue as the Spirit blows wind in your sails and burns a fire in your heart.

The Examen

1. Ask God for light.

Become aware of God's presence. Look back on the day and recall moments where you were aware of God with you.
"I want to look at my day with God's eyes, not just my own."

2. Give thanks for the day that has been.

Review the day with gratitude. What happened that reminded you that you are blessed?
"The day I have lived is a gift from God, I give thanks."

3. Rummage through the day looking for God.

Consider conversations, thoughts, actions that occurred. Pay attention to your emotions as you consider the day.
"I carefully look back on the day just completed, being guided by the Holy Spirit. "

4. Face up to shortcomings.

Recall mistakes and failures, moments where you could have responded differently.
"I face up to what is wrong in me and I offer it to God."

5. Look toward tomorrow.

Ask God to be with you tomorrow. Pray for strength and wisdom for tomorrow and to face whatever is to come.
"Today is done. I will rest. Be with me God in the coming day."

We have sourced some of this material from: www.ignatianspirituality.com

Closing Prayer

God of peace,
be with us through this night which awaits us;
bless us if it brings sleep;
support us if it brings us pain and anxiety,
till we come once more to the morning light of another day.
Amen.

If you are in need of support (prayer or otherwise) please contact us:
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CHURCH OF THE GOOD SHEPHERD

Northwest Anglican