

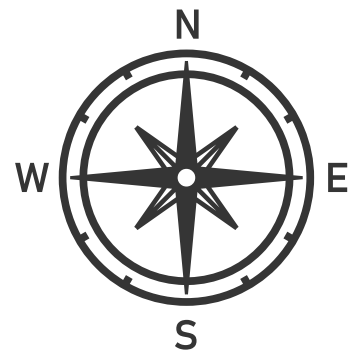
Life Signs

These exercises help us to tune in to what God might be saying through the stories of our lives, the prompting of our hearts, our feelings or imagination.

To prepare, find a comfortable place and spend some time in awareness of the gentle presence of Jesus with you, the movement of the Spirit within you and the loving gaze of the Father upon you.

Compass

what is coming to life?



What you need

- 4 sheets of paper
- coloured pens

Exercise

- write North, South, East and West on each of the sheets of paper. Take time over each compass point to ponder some of the questions listed below - you don't need to do all of them, just the ones that seem relevant. You can write or draw your thoughts, noting any feelings or physical responses that may arise also.

North

What is stable in my life?
What gives me a sense of direction?
What can I rely on?
What gives me a sense of rootedness?
What are the 'givens' I cannot change?

South

What is troubling me?
What makes me feel anxious?
What is feeling uncertain?
What is changing for me currently?

West

What things are coming to an end?
What am I glad to give up, move beyond?
What is being taken from me?
What must I lay down with thanksgiving?

East

What is flourishing for me in the present?
Where am I finding joy?
What glimpses of change or promise can I see?
What am I hoping for?

Reflection

Reflect in what you have noted down, offer it all in prayer and ask God what he wants to reveal to you. Finish with the East horizon and ponder where it may be pointing.