

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.

Life Examen

What is the present saying to me?



What you need

- large sheet of paper - A3 is ideal
- coloured pens

Exercise

With your paper in landscape, make three columns and write at the top of each column:

1. Where am I seeing glimpses of glory?
2. What is troubling me?
3. What am I hoping for?

Spend some time pondering each section, jotting down words or images that come to mind. Don't rush it or dismiss anything that pops up, however quietly it may appear.

1. Glimpses of glory

- Where are you seeing God at work?
- What is bringing you joy?
- What is fruitful?
- When and how are you feeling the presence of God?
- What are you feeling thankful for?

2. What is troubling

- What anxious thoughts are rising in your mind?
- Notice how your body is feeling - relaxed, tense, in pain, how is your breathing?
- What is your sleep like and what is cropping up in your dreams or wakefulness?
- What emotions can you identify right now?
- Can you name your current fears?

3. Hopes and dreams

- Write down 3 things you hope for.

Reflection

Prayerfully bring all that you have written before Jesus and ask him if there is anything he wants to do or say in response. Then share what has emerged with a wise friend.