

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.

Roundabout

What routes are opening up to me?

What you need

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



Exercise

In the centre of your paper draw a large circle to represent a roundabout with several exits.

Start with the centre circle jot down how you are feeling in this place of uncertainty.

At each exit draw a sign of where this road may take you- be brave and don't miss out anything that comes to mind.

Consider each of these exits in turn and write down some questions, thoughts, feelings and your physical response to taking that road.

When you have got all your ideas down, ask yourself 'what am I noticing?'

Reflection

Spend some time in prayer looking at your diagram. and ask yourself:

- Regardless of all practical considerations, which route makes my heart sing?
- Which route feels heavy?
- Are there other routes I hadn't considered until now?

When you have done all you can with this, think about what you need to do next and the following may be helpful:

- Who do I need to talk to?
- What additional information do I need?
- What is my next action?