

Looking Back with God

At the end of the day we often find ourselves mulling over what has happened during it, perhaps analysing events and making judgements.

Why not do this with God?

This leaflet offers you two ways to look back at a period of time — a morning, day, event, week, season, year — and seek to recognise God at work in your life, and your response.



These short prayer exercises, which build on our natural tendency to 'play back the day', enable *God* to *show us* how he has been at work in the events, details, moods and feelings of that time.

Choose whichever seems most appropriate for you.

It need take only 10-15 minutes, and can be time well spent.



Review of the Day (or week, month, season etc.)

GUIDELINES:

Be, with God

Take time to relax. Ask that all your being may be directed to loving, serving, praising and listening to God.

Think back

Think back over the day and, just as you would use the pause button on a DVD, linger on the moments and events which you have enjoyed. Relish them, re-live them, and *give thanks*.

Let me see

As you let the day play back again, ask to become aware of your moods and inner feelings. 'Lord, that I may see' ... Let *God* show you ... Where did they come from ...? Where did they lead you ...? We are praying to know how some of our underlying attitudes and desires cause us to turn inwards, serving our own 'kingdom' of comfort, popularity and success ... and to be affirmed in the moments we have chosen to serve *God's* kingdom of love, justice and peace ...

Sorrow

Seek *God's* forgiveness — knowing it is already given — for the times you have not responded to *God* during the course of the day and its events.

Thank *God* for the times when you have responded.

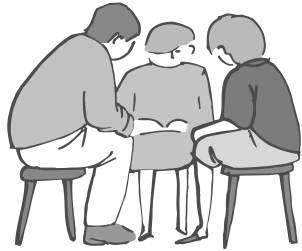
Tomorrow

Now fast forward, as it were, letting tomorrow come to mind.

Ask for *God's* guidance and a deepening trust in *God's* goodness.

Better Together?

Besides their personal reviews, many Christians regularly review their spiritual journey by meeting either with a more experienced spiritual companion or 'soul friend' or in a 'triplet' group with two fellow Christians.



These meetings enable people to share and consider their journeys, and to find encouragement and support.

If you are interested in finding a one-to-one spiritual companion, or being in a 'triplet' group, ask for advice from your vicar or the Diocesan or Episcopal Area Prayer and Spirituality Team.

A book that helps some people with this form of prayer is:

*'Sleeping with Bread,
Holding what gives you life.'*

By D. Linn, S.F.Linn, M.Linn
Paulist Press, Mahwah/New York 1995

Looking at my life with God

1. **Give thanks** for the whole day
(or week, month, year, event)

2. **Ask for help, for light** to see

3. a) **Look back** over the day
(or morning, week, month, event)

3.b) **Be aware of God's presence** in
that time, and of the fruits of the
Holy Spirit:

love, joy, peace, patience, kindness,
goodness, faithfulness, gentleness,
self-control. (Galatians 5:22-24)

4. Pray for an **increase** of:

- *Gratitude* — thanksgiving
- *Penitence* — sorrow
- *Intercession* — prayer

5. **Look forward**

Prepare for tomorrow, or the
afternoon, etc. Ask for guidance
and put it into God's hands.

6. **Give thanks**

You may wish to:
light a candle,
make the sign of the cross,
smile! settle down, relax.

Do this gently — let God bring things
to mind for you.
Let the day play back, like a video.
Perhaps jot things down.

- ⇒ In yourself
- ⇒ In other people
- ⇒ In creation

⇒ Notice where you have resisted

Do not be judgemental about anything or anyone,
including yourself, simply observe and accept.

Pray about and for specific things and people.

Notice your own feelings.

Be thankful for God's forgiveness
and love for you.

Pray about:

- * What you expect to happen
- * The unexpected
- * Particular people or situations
- * Do you need a plan, or list?
- * Do you need to prepare anything?

