Notes on the Examen and spiritual direction

Listening to God and being led by God.

1. Pray at somewhere which is not my desk- Church, garden

2. Do it before MP? In Church and at home? Walking Bramble?

3. Think about my breathing. Reflect on the last 24 hours. Do MP well.

4. Journal it- capture pattern of it- be more aware of my feelings. Feelings stick, they are a true picture of what is going on.

So…

a) Small and good things/ God moments- be grateful- how I felt or am feeling

b) Where was God absent, in anger/ news/ crossness, when I neglected those I am close to – led into prayer about that

c) Look ahead- offer it to God- prayer about God in daily living

Discernment- sit with it, let God into it- it is not about me in the parish but about discerning what is it that God wants of me. We know we are loved in our head but do we actually feel it

Write a rule of life- a balancing tool- what are my gifts? Boundaries, priorities, delegation, for God.

Quiet Day- explore PMC-