

Praying with Desire

- Begin by acknowledging your desire before God. Visualize it, feel it, touch it.
- Ask God to be in your desire and, if need be, transform your desire according to God's desire.
- Sit in silence as you simply be with God for a few moments.
- Ask God to show you opportunities to make your desire become reality. Sit in silence, allowing God time and space to respond (but don't be discouraged—these insights emerge with time and outside of prayer space as well).
- At the end, thank God for God's presence in your desire and release the outcome of your prayer to God's hands.

The Daily Examen

"Examen" means a time of reflecting on your life.

- Be reminded of God's presence and unfailing love.
- Allow some time to reflect on two questions*:
 - In what moment did I feel the most gratitude today?
 - In what moment did I feel the least gratitude today?
- Write down your responses or if you are doing this with others, share your responses with each other
- End by thanking God for the time together.

*Other good questions to substitute are:

- In what moment did I feel most loving?
- In what moment did I feel least loving?
- What was the high point of my day?
- What was the low point of my day?
- When did I feel most alive and energized?
- When did I feel least alive and lethargic?
- When did I feel closest to God?
- When did I feel far away from God?

Lectio Divina – "Divine reading"

- Be reminded in some way of God's presence and unfailing love for us.
- Read a *short* passage from the Bible (or a poem or other short inspirational reading) slowly. Be aware of any word, phrase or image that seems to really feel important to you. Read the passage more than once.
- At the end of the reading, ponder what God might be saying to you through the word or phrase you chose. Allow some silence.
- Write down your word, phrase or image.
- What do you think God might be saying in that word, phrase or image? (Note: if done in a group, when people are talking about their word, everyone else quietly listens).
- End by thanking God for the way the words inspire us.