

LIVINGTHEWORD

EXAMINATION OF CONSCIOUSNESS

Reflecting over the day and learning to have an awareness of where God has been present is a helpful practice to 'see God'

This is a prayer exercise which is best done at the end of the day. It is not a conscience examination - it is not focussed on sin - but a consciousness examination (or an awareness of God reflection). The aim is to walk through the day in my mind and become conscious of when I was aware of God and may have consciously co-operated with God. With repeated practice I become more aware of God in my daily life.

- Become still and rested
- Thank God for the gift of the day that has been and pray for the Holy Spirit to guide you as you reflect over the day. Pray that you be able to see it as God sees it.
- Ask yourself gently: where did I walk with Jesus today? Reflect over the events and people throughout your day. Let your mind be guided by the Holy Spirit, pause on different things that happened throughout the day.
- Pray in thanks for his companionship and presence experienced.
- Ask yourself gently: where did I walk without Jesus today? Reflect over the events and people throughout your day. Let your mind be guided by the Holy Spirit, pause on different things that happened throughout the day.
- Pray for forgiveness for any ways in which you may not have followed and remained close to Christ.

GIVING IT A GO

- Try this examination of consciousness just before going to bed for a week to get used to it.
- If you find yourself noticing something constantly you may like to write about it in your journal
- You may seek to try this during your work day and focus on how you have reacted or experienced certain feelings at work or toward certain people
- Seek to become sensitive and still toward the movement of the Holy Spirit. Notice any desires, attractions, hopes, fears, hurts, worries, constant thoughts..... Its the job of the Holy Spirit to lead us into freedom. Sometimes this means we are shown things we need to know and let go of.