

FINDING CHRIST IN YOUR BUSY LIFE

HOW A BUSY PERSON FINDS GOD IN ALL THINGS --IN LESS THAN 15 MINUTES

Saint Ignatius of Loyola, the founder of the Jesuits, suggested that if we are serious about our relationship with God and we want to be aware of the presence of God in every aspect of our lives, we should take time out each day and think about where God has been present in our lives: in our conversations, experiences and feelings. We give thanks for his presence, his gifts, and his blessings. We ask for forgiveness and healing for our lack of love and our shortcomings. We look to see how we can be more loving and more aware of God in the day to come. It takes ten or fifteen minutes. Use these steps as a guide. Maybe you will find this helpful...

I pray in gratitude for all the gifts and blessings I have received from God and I look back on the experiences of the past twenty-four hours. I name the ways God has been good to me in the past day. I let a spontaneous conversation develop with God who is present to me right now.

I pray for light and understanding that the Spirit will help me see myself more dearly, freed from defensiveness and blind spots. I pray for a Spirit-guided insight into my actions, my thoughts, and my heart.

I think back over the last twenty-four hours. I pay attention to my feelings, moods, thoughts, and desires as a way of getting a sense of what is going on in my life. (Usually, our feelings - whether painful or pleasant, negative or positive-are the best indicators of what is happening in our lives and where we need to listen to the voice of God.) As I attend to the more intense feelings that surface, I ask myself: What is God trying to show me; tell me; is he nudging me to see something with more clarity? I try to let my prayer be a spontaneous conversation about what I notice about my day's feelings and experiences.

I pray for forgiveness for the ways that I have not lived up to the requirements of love in my relationship with God, myself and others. My goal here is to learn from the lessons embedded in yesterday's experiences, so to be better able to love in the present. I ask for God's help to live with renewed hope and increased love for God and others. I consider briefly the immediate future and I pay attention to the feelings that spontaneously arise and I share them with God in prayer, like one friend speaking to another.

