

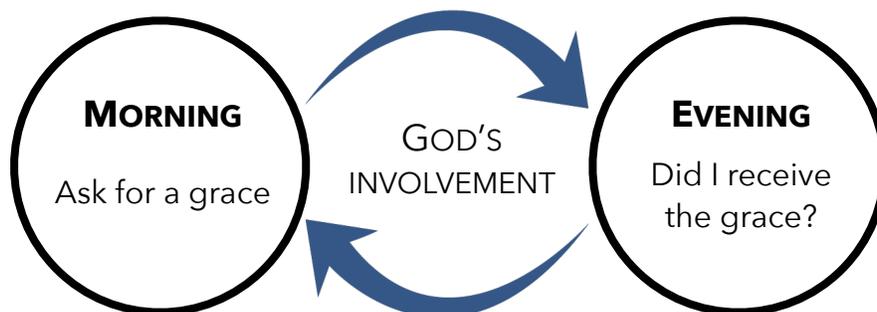
A deep relationship with God begins with a habit of prayer and reflection. One of the best ways to create such a habit is incorporating prayer into significant moments of your day. In other words, letting certain daily events “trigger” a moment of prayer. Sitting down for lunch could prompt you to make an Examen. Even times spent walking can become an opportunity to pause and pray a prayer of gratitude. For most of us, waking up in the morning and getting ready for bed are two ideal times that can become moments of prayer. This spiritual journal focuses on these two times of day and incorporates Saint Ignatius’ method of asking God for a grace.

What is a grace?

A grace is simply a gift from God that we can feel. Ignatius suggests asking God for a particular grace before we pray. What are we seeking in prayer? A deeper knowledge of who God is? A feeling that we are loved? After our prayer time we reflect and see if we’ve been given the grace we asked for. Do I know more about God? Do I feel loved?

Making our day a prayer

If we consider our entire day a prayer, we can employ the same method for a 12-24 hour period. As we arise in the morning we consider what we need from God today and ask for it. We invite God into our day. Then, before going to sleep we look back on the various events of our day, notice how God was involved, and see if the grace we asked for had been given.



When this cycle becomes a daily habit we can begin to see how God is intimately involved in the daily rhythm of our activities. Our day becomes a prayer because it becomes a medium for our relationship with God. Then our week becomes a prayer, our month, our year, our lifetime.

This journal contains two reflective pages:

The daily page is for Sunday through Friday. It's designed to give you a brief way to reflect on your state of being each morning and to ask God for a grace, and then to loop back reflectively in the evening. The daily page is based on our two-part audio meditation which you can choose to access here:

godinallthings.com/prayer/the-grace-i-seek/

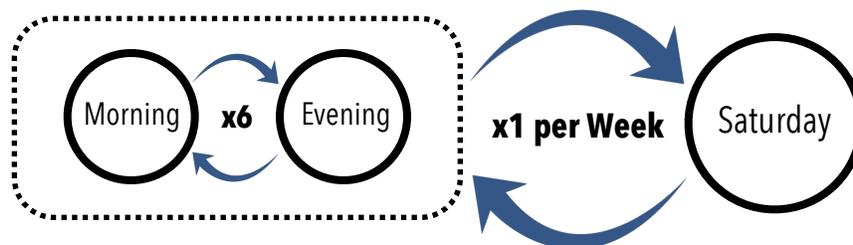
The weekly page is meant for Saturdays and gives you the opportunity to look back on God's activity during the week.

The Routine

Begin tomorrow morning with the first half of the daily page. Let this become a part of your morning routine. You may choose to pray with the [audio meditation](#), but be sure to write down the fruit of your prayer so you can reference it later.

Each evening after dinner or before bed, reflect on the day and how God was present. Pray with the Evening part of the [audio meditation](#) if you like and then make some notes in the second half of the daily page.

When you reach Saturday, look over the daily pages from the week. Note your experiences and insights on the weekly page.

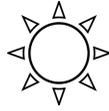


Note: You may wish to print the daily and weekly pages double-sided or format so two pages fit on one side in order to save paper.

Day: Sunday Wednesday
 Monday Thursday
 Tuesday Friday

Date: April 13, 2015

Reflectively fill out the Morning section at the beginning of your day.
Then before bed, fill out the Evening section as you look back on your day.



MORNING

EXAMPLE

What I'm thankful for

The chance to have a meal this morning.

Challenges I may face

Being loving to my son when he visits this evening.

What's lacking in my heart

Trust that my son is making the right decision.

The grace I seek from God today:

That I may have the courage to love unconditionally.



EVENING

Today's high moment:

When a friend reached out to me after 15 years!

Did I feel close to God then?

Yes
 No
 Unsure

Today's low moment:

When my son told me he had decided to take a job across the country.

Did I feel close to God then?

Yes
 No
 Unsure

Has God given me the grace I asked for?

Yes Not yet

Say more...

Though I was disappointed I would not see my son as often, I felt a sense of trust in God – and that I loved my son for having the freedom to make meaningful choices in his life.

Day: Saturday

Date: April 18, 2015

Look over the last six days. Consider how God was present in your life, what you lived, experienced, and felt.

WEEKLY REVIEW

EXAMPLE

Where did I find God most prominently this week?

All week I felt an odd sense of peace that God was aware of any turmoil within me, that despite new changes in my life, I need not fear.

How did I feel this week?

- | | |
|---|---|
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Dry/Empty |
| <input checked="" type="checkbox"/> Peaceful | <input checked="" type="checkbox"/> Sad |
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Affirmed | <input type="checkbox"/> Angry |
| <input checked="" type="checkbox"/> Proud | <input type="checkbox"/> Hurt |
| <input type="checkbox"/> Loved | <input checked="" type="checkbox"/> Bitter |
| <input type="checkbox"/> Happy | <input checked="" type="checkbox"/> Anxious |
| <input checked="" type="checkbox"/> <u>trusting</u> | <input type="checkbox"/> _____ |

Where did I feel an absence of God?

I've been getting into heated arguments with my husband this week about foolish things. Not sure where God is in this...

A person I'm thankful for

My son

A moment I'm thankful for

An unexpected phone call from a friend

A moment of beauty

A brief passing thunderstorm on Tuesday

What gave me life this week?

I've noticed how much I enjoyed cooking this week. It means a lot when I can lovingly prepare a meal for my family, despite any tensions we may have. It's a great way for me to show love (and to feel loved). Thank God for the gift of food and taste!

A significant grace from the week:

On Monday I was surprised by how much love I felt for my son despite his decision to move away.

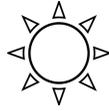
What are my hopes for next week?

I hope to focus more on how God is appearing in my relationships.

Day: Sunday Wednesday
 Monday Thursday
 Tuesday Friday

Date:

*Reflectively fill out the Morning section at the beginning of your day.
Then before bed, fill out the Evening section as you look back on your day.*



MORNING

What I'm thankful for

Challenges I may face

What's lacking in my heart

The grace I seek from God today:



EVENING

Today's high moment:

Did I feel close to God then? Yes
 No
 Unsure

Today's low moment:

Did I feel close to God then? Yes
 No
 Unsure

Has God given me the grace I asked for?

Yes Not yet

Say more...

Day: Saturday

Date:

Look over the last six days. Consider how God was present in your life, what you lived, experienced, and felt.

WEEKLY REVIEW

Where did I find God most prominently this week?

How did I feel this week?

- | | |
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Where did I feel an absence of God?

A person I'm thankful for

A moment I'm thankful for

A moment of beauty

What gave me life this week?

A significant grace from the week:

What are my hopes for next week?

SAINT IGNATIUS' SUSCIPE PRAYER

Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace.
That is enough for me.

A PRAYER TO LISTEN

BY JOHN VELTRI, SJ

Teach me to listen, O God,
to those nearest me, my family, my friends, my co-workers.
Help me to be aware that no matter what words I hear,
the message is, "Accept the person I am. Listen to me."

Teach me to listen, my caring God,
to those far from me — the whisper of the hopeless,
the plea of the forgotten, the cry of the anguished.

Teach me to listen, O God my Mother,
to myself. Help me to be less afraid to trust
the voice inside — in the deepest part of me.

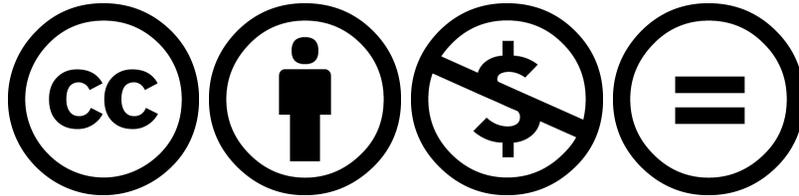
Teach me to listen, Holy Spirit,
for your voice — in busyness and in boredom,
in certainty and doubt, in noise and in silence.

Teach me, Lord, to listen.

Amen.

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