

The Mystery of God #1

[All of the text of this prayer exercise can be read out loud,
except for the text in brackets.]

This is an exercise to foster our awareness of the interior presence of the mystery of God within us. *[All timing is approximate]*

1. I invite you to settle into your chair. Notice how you physically feel (tired, etc.) Stretch; and settle in. *[pause 15 seconds]*
2. Become aware of your breathing. *[pause 20 seconds]*
3. Allow yourself to be open to that place within you where you feel closest to God. *[pause 45 to 60 seconds]*
4. Take some time to allow yourself to be drawn into that quiet, special place. *[pause 30-45 seconds]*
5. ...into the intimacy of God's grace; *[pause 30-45 seconds]*
6. ...into the light of his Spirit; *[pause 30-45 seconds]*
7. ...into the love of Jesus. *[pause 1-1½ minutes]*
8. Take a minute to nurture this intimate place within you; this awareness of our life in God. *[pause 1-1½ minutes]*
9. Now take a moment to be thankful in the Lord with all of this. *[pause 30 seconds]*
10. Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and shall be evermore, world without end. Amen

Sharing:

- What was that like? What did you discover?