

## USEFUL RESOURCES

### Websites and apps

**Sacred Space website:** [www.sacredspace.ie](http://www.sacredspace.ie)

This site invites you to make a 'Sacred Space' in your day, praying with the help of scripture chosen every day and on-screen guidance.

**St Beuno's Ignatian Spirituality Centre:** [www.beunos.com/prayer.htm](http://www.beunos.com/prayer.htm)

A series of useful prayer resources. And for a very reflective way of reviewing your day, produced by St Beuno's, visit:

[www.youtube.com/watch?v=cAFbD5jCGNI](http://www.youtube.com/watch?v=cAFbD5jCGNI)

**Pray as You Go website:** [www.pray-as-you-go.org](http://www.pray-as-you-go.org)

A daily prayer session, designed for use on mobile devices, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc. It's intended as a framework for your own prayer.

**Jesuit Prayer (app or daily email):** [www.jesuitprayer.org](http://www.jesuitprayer.org)

Offers daily scripture, Ignatian reflections and prayer to anchor your day and strengthen your resolve to remember what truly matters.

### Organisations

If you have enjoyed this retreat and would like to consider becoming a prayer companion yourself, **Manresa Link** runs the necessary training courses. All the prayer guides on this retreat are part of this organisation. Visit [www.manresalink.org.uk](http://www.manresalink.org.uk)

**The Retreat Association** is an ecumenical organisation which publishes information about retreats around the UK, as well as useful articles and resources. Visit [www.retreats.org.uk](http://www.retreats.org.uk)

You might also want to think about seeking a spiritual director. The Birmingham Forum for Spiritual Directors & Companions and the Worcestershire Spiritual Direction Network are useful starting points.

## The Journey Continues ...

Some ideas and suggestions to help you



**"I am confident of this, that the One who began a good work among you will bring it to completion by the day of Jesus Christ." Philippians 1: 6**

## There are as many ways of praying as there are people

Prayer is a gift. It's about our relationship with God, and how we find and respond to Him in all the situations, feelings and events of our lives. No two people have the same relationship. Each person has her or his unique way of praying, often changing as we change. It may call forth different facets of our being - but always rooted in the truth that God loves us unconditionally.



### Be realistic

You've been encouraged to pray for 30 minutes each day, and you may want to continue that. But sometimes it's not possible, so be realistic. It's better to spend ten minutes on a 'Review of the Day' (Examen) than to give up completely.

### Try this



Once a week/month, set aside a time for longer reflection and general review of your faith journey. Have this time for yourself, to rest, to come home to yourself and discern where you are feeling the life-giving touches from God.

### Breathe

Intentionally slow down as you come to your prayer time by doing some deep breathing. Sit comfortably with your eyes closed. Take 3 deep breaths, slowly in through your nose and slowly out through your mouth. Drop and relax your shoulders and your jaw.

## Content for prayer

Choose short pieces of Scripture to pray with. Gospel passages are ideal for imaginative prayer, where you can enter the scene of one of Jesus' encounters with people and allow Him to meet you there too. Lectio Divina is another excellent way of entering into Scripture texts.

It's good to re-visit the main feelings and insights from previous prayer times – don't be in a hurry to move on. Remember also the potential of using stillness, art, symbols, your senses, music and poetry. Stay open to the many ways God captures our attention in and through creation.

## Review of the Day (Examen)

This is a way of regularly "tuning in" to the God who is always calling us to life. In it, we let our day play back to us, opening ourselves to see the life touches and growth points which our moods and feelings can reveal.

- I stop and quietly sit with my loving God.  
I consider all the good that has happened in the day: everything I have done that I'm happy with. I give thanks for all this good.
- I then ask for God's grace to see what I might have done wrong, and consider too how I might have hurt others unintentionally.
- I become aware of my moods and feelings. Overall how would I describe my day? I go over it: thoughts, words and actions.  
What are the good things that have brought me joy, consolation and a sense of being alive? What has disheartened me, made me uneasy, unhappy, bad tempered and dispirited?
- I ask God's pardon for my faults, for hurting others, for not using my time and gifts wisely. I give thanks for when I've used my gifts well, for when I've loved others, for all that brings me joy and consolation.
- Are there good things I need to repeat and other things I need to avoid? I ask God's help to live a more fruitful and joyful life.
- I finish by speaking to God in my own words or using a formal prayer such as the Lord's Prayer.

*(adapted from the St Beuno's website - see over)*