

Presence

I pause for a moment and think of the love and the grace that God showers on me: I am created in the image and likeness of God; I am God's dwelling-place.

Freedom

If God were trying to tell me something, would I know?

If God were reassuring me or challenging me, would I notice?

I ask for the grace to be free of my own preoccupations
and open to what God may be saying to me.

The Word of God

John 16:29-33

Jesus' disciples said, 'Yes, now you are speaking plainly, not in any figure of speech! Now we know that you know all things, and do not need to have anyone question you; by this we believe that you came from God.' Jesus answered them, 'Do you now believe? The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

Conversation

Jesus you speak to me through the words of the gospels. May I respond to your call today.

Teach me to recognize your hand at work in my daily living

(Extract from daily prayers by Irish Jesuits)