

LOYOLA PRAYER SHEETS

EXPERIENCING GOD IN MY LIFE

The Prayer of the Examen

Take some time to become still, finding whatever quietness you can around you and within you. Use any method you find helpful for this - awareness of your breathing, sensations throughout your body, listening to the sounds round about ...

Enter the prayer with an attitude of gratitude, realising anew that all you have and are comes as a gift from God.

Ask for God's light as you review the period of time you want to look at, that God will show you what has been most significant.

Let your mind's eye look back over the time, gently noticing whatever catches your attention. There is no need to work hard at recalling every moment - let what will emerge.

Notice particularly moments of life, of light, of energy; and moments when these seemed drained. What was your response at the time? How would you want to respond to God now as you notice them again?

Speak to God "as one friend speaks to another" about what you have noticed in the prayer.

End by looking ahead, and in the light of what you have seen, ask God for the gifts and graces you need for the time immediately ahead.

The Deer's Cry (8th century Irish)

I arise today
through the strength of heaven.

Light of sun, radiance of moon,
splendour of fire, speed of lightning,
swiftness of wind, depth of the sea,
stability of earth, firmness of rock.

I arise today
through God's strength to pilot me.

God's eye to look before me,
God's wisdom to guide me,
God's way to look before me,
God's shield to protect me
from all who shall wish me ill
afar and anear, alone and in a multitude;
against every cruel merciless power
that may oppose my body and soul.

Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise, Christ to shield me.

Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me.

I arise today.