

PRAYING WITH THE EVENTS OF YOUR LIFE.

Finding God in your Daily Experiences.

From the book "You Can Pray" of Fr. P.Ribes, s.j. published by the Gujarat Sahitya Prakash

Introduction. What we mean by finding God in your daily experiences?

- ✓ *There are many definitions of prayer. However, the best is: "Prayer is listening to God and responding to Him".*
- ✓ *We can listen to God speaking to us through 'The Scriptures' through the voice of a preacher or by reading spiritual books.*
- ✓ ***However, God continuously speaks to us through the events of our daily life.***
- ✓ ***Every human experience, if viewed through the eyes of faith, turns to be an experience of God.***
- ✓ *Any event of our daily life is sort of door whereby God enters into our hearts and communicates to us things that are important*
- ✓ *"Praying our Experiences" is the practice of prayerfully reflecting on our day-to-day events in order to listen to God and to become aware of the messages He has for us in the here-and-now.*
- ✓ *Through the daily events God invites us to respond to Him with joy, gratitude or may be even in sorrow and repentance.*
- ✓ *The best time to practice this prayer method is late evening just at the end the day.*

Procedure:

Step one:

- Be still. Take a position comfortable and conducive to prayer
- Relax. Don't hurry. For one or two minutes breathe deeply in and out.
- With the sign of the Cross enter into a conscious communion with the Triune God: Father- Son - Holy Spirit.
- Begin recalling and re-living any event, 'big or small', which took place today, an event which may have caused you pain or joy or one who made you angry, fearful or even discouraged you.
- Recount that experience to God and tell Him how you felt at that moment and how you feel now about it. Dwell in this for a while.
- If you feel happy or encouraged, tell God about it and thank him for it.
- If you felt angry or discouraged or something similar tell it honestly to Him.
- Time and again keep telling God: "I am angry" or "I am discouraged" or whatever.
- Stay with your feelings in the presence of God until you feel satisfied.
- Finally, surrender your feelings to God. Be Still

Step Two:

- As you related your experience to God and stayed with your feelings, keep asking Him: "My dear God, what are you telling me through this event and through the feelings I experienced? Why should I feel like that? Keep questioning the Lord time and again.

- Wait for an answer. Do not be in a hurry.
- If an answer from God comes, respond to him with thanksgiving or repentance or joy as the case may be.
- If no answer is coming, have patience, and tell God: “Let your will be done. I trust you will speak to me at your own time.”

JUST AN EXAMPLE:

“God, I feel so upset with my wife. It looks as if I am not able to please her in any thing. Nothing I do, pleases her”

Express your fears and anxiety to God. Time and again asks God: “My dear Father, what are you telling me through these feelings?” Stay in silence. Be quiet.

Listen to what God has to tell you. The answer may come through a sentence of Scripture, or an inspiration, or a new way of thinking, or a word of encouragement, or a piece of advice or something else.

Gratefully accept it, make it your own. Reflect on how you can put the reply of God into action today itself.