

## WHAT'S NEXT

If this retreat has been of help to you, you may be wondering what your next step is. The first thing is that you will have seen the positives that come from daily prayer - so there is your first step! Continue with daily prayer. If you can continue to aim at 30 minutes a day, great, but 10 minutes a day is better than giving up.

You can continue building Imaginative Prayer, Lectio Divina and the Examen into your own prayer pattern. There is a lot of online support for this - Google those topics. Or just use whatever form of prayer works for you. Just do it!

From the meetings with your prayer guide you will probably have seen that the process of reviewing your prayer journey is really helpful - so take a little extra time once a week, to think back, to come home to yourself, to explore where God is reaching out to you.

### Further Ignatian retreats:

- a) Residential (varying lengths) St Buenos <http://www.beunos.com/>
- b) Residential (weekends) at Stafford, [rob.hingley@btinternet.com](mailto:rob.hingley@btinternet.com)
- c) Arrange a Retreat In Daily Life for your church. Manresa Link will be happy to work with you to provide prayer guides.

**Other retreat styles** - The Retreat Association  
<http://www.retreats.org.uk/findaretreat.html>

### Having a spiritual director

<http://www.retreats.org.uk/spiritualdirection.html>

### Prayer support online:

[www.Pray-as-you-go.org](http://www.Pray-as-you-go.org)

[www.sacredspace.ie](http://www.sacredspace.ie)

[www.jesuitprayer.org](http://www.jesuitprayer.org)

If you are still left wanting something more, and the suggestions above don't work for you, get back to your prayer guide, or to Manresa Link via the website, and we will try to help.

# Continuing Prayer



## THE EXAMEN, OR EXAMINATION PRAYER

- 1. Come into God's presence.** Let go of the concerns of the day and become aware of God with you. Take some time in silence, and/or perhaps use a stilling exercise.
- 2. Gratitude** - give thanks for the past day, for all you have received. Focus on a sense of gratitude as you begin this prayer.
- 3. Petition** - ask God to shine light on your past day, to show you His presence, and to bring to your awareness what he wanted you to see.
- 4. Review/Examination** - let your mind play back over the past day, your experiences, your feelings, your moods. As you begin, ask of God "What do you want to show me about this day?"

Look for the stirrings in your heart and the thoughts that God has given you, and for those that have not been of God.

Note where God spoke to you, even if you didn't realise at the time. Perhaps through a person, someone's courtesy, something you read, a moment of realisation, nature's beauty. Look for the moments of grace. The more you look for where God was present today, the more you will see Him tomorrow.

But also see where your response to people and events has been less than good. Where you have overlooked something, failed to listen, or failed to reach out to someone, where you have been neglectful or negative/critical in attitude.

We are praying here to come to know the desires and attitudes that draw us to God, as well as those that draw us to self.

## SO LOOK FOR

Points of joy in the Lord vs interior heaviness  
God inspired thoughts vs confusing, negative, judgemental thoughts  
Consolation vs desolation

- 5. Contrition/Forgiveness** - ask God for forgiveness for any failings you have recognised. He loves us in all our brokenness - and that allows us to ask for and trust in His forgiveness. The God who loves me, removes my burdens.
- 6. Renewal** - we have looked back in order to look forward. Look ahead to the day to come. Picture specific events that you know will be there, and how you will deal with them, knowing God will be there with you. "Lord I know you go before me always. Let me see you present in all things during my day tomorrow."
- 7. Ending** - in silence again, place yourself in God's hands as you end.

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A suggested reading for this week in prayer: Mark 10: 46-52

