

St James News: Thought for the day – Tuesday 18th August 2020

Different Ways of Praying 1 – Maggie Marshall

Thought for the Day –

Based on Ideas for Multi- Sensory Prayer by Scripture Union and teaching in a Church School.

Reviewing the Day

This prayer technique was started by St Ignatius of Loyola. You may find a pen and an empty notebook or a diary you haven't used helpful. It's most effective when used regularly.

First find a position that you feel comfortable with and ask God's Holy Spirit to come and be with you. Ask God to prompt your thoughts.

Sit and think about five things you want to thank God for, that have happened that day. You might like to write them down or draw them. Spend some time just being thankful for these things.

Ask the Holy Spirit to bring one event of the day to mind. Something that if you could change the way you dealt with it, you would. Talk to God about that event. Talk to God about other ways you could have dealt with the situation. Take time to listen to Him. You may or may not wish to put your decisions in your diary. Every so often you may want to look back and thank God for the last month or two.

You may like to use a diary / notebook to write down people you pray for each day – maybe with notes as to why. Again looking back in your diary in a month or two you may want to add what's happened.

You might like to write down Bible verses each day

Whatever you choose to do, over the years when you look back it does make interesting reading and lots of ideas.