

STEP 3 *CONTINUED*: NOTICE YOUR FEELINGS

Now remember anything for which you are less grateful. The times that made you feel frustrated, irritated, sad, alone, etc. Bring these to God and ask God for healing.



STEP 4: CHOOSE ONE FEATURE OF THE DAY AND USE IT IN YOUR PRAYER

Ask the Holy Spirit to bring to memory one thing during your day that God thinks is particularly important. It may be a vivid memory, a time of peace, or an encounter with someone. Let the prayers arise spontaneously from your heart.



STEP 5: LOOK FORWARD TO TOMORROW WITH HOPE

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings about the things that are coming up: are you apprehensive, excited, etc. Allow these feelings to turn into prayer. What gifts do you need for tomorrow: strength, energy, patience, etc. Ask for that gift.



GOD IS IN THE MIDST OF THE CHURCH OF THE TRANSFIGURATION AND CALLING US TO FOLLOW

Our community is dedicating itself to a time of prayer and discernment. This is an exciting time of listening for God in our own lives, in our community life, and in the life of our neighborhood. Standing firm in the promises made at our Baptisms, we will be guided by the Holy Spirit into a new way of being Christ's followers. Please join us in our prayer journey to discern God's call.

DISCERNING OUR FUTURE



Listening for
God's call and purpose
for the
Church of the Transfiguration

What is God calling us to do?

How do we listen for God?



Christians believe that God is a living God who is always at work in our lives. God invites, directs, guides, and draws us into the fullness of life. Our loving God seeks to be known to us and longs for us to come to know God in richer ways. There are many to quiet ourselves and listen for God. One such practice was developed by St. Ignatius of Loyola in the 16th century.

Throughout the ages many have found this simple prayer technique a useful practice to discern God's will and to come to a deeper, life-giving relationship with the divine.

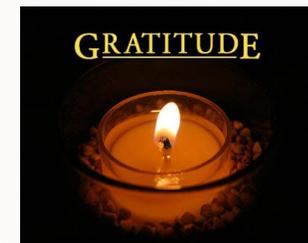
STEP 1: BECOME AWARE OF GOD'S PRESENCE

Find a quiet space, breathe in and out, quiet your mind...and image Christ's loving arms surrounding you or Jesus sitting next to you or God reaching out a hand to you.



STEP 2: REVIEW THE DAY WITH GRATITUDE

Think back over the day and ask God to show you the day through God's eyes. Think back on the gifts: the foods you ate, the people you saw. Notice the joys and delights. Offer thanks.



STEP 3: NOTICE YOUR FEELINGS

Notice when you were happy, joyful, angry, whole, etc. Allow these times to come to mind. Choose a moment that you felt most grateful and savor it. Thank God for that moment.

