

# REFLECTING ON YOUR WORKING DAY WITH GOD

God uses the circumstances of everyday life, the highs and the lows together with scripture and the work of the Holy Spirit to form us. This process is most fruitful when we co-operate and actively look out for what God is trying to teach us - although it's not always obvious!

His goal is a people who not only do the right thing, but who are motivated by love in their actions – love for God and love for our neighbour.

The following are two **practical** ways in which we can prayerfully reflect on and co-operate with God in his shaping of our character at work: **Reflective Journaling** and **the prayer of Examen**.



## Reflective Journaling

This simply means spending a few minutes from time to time reflecting on your day or week and writing down some of the things that have been particularly meaningful as you have walked with God through life and work.

Some people prefer to have a totally blank page on which to write, but for those who like some structure the following is a template you may find useful.

TODAY'S DATE	
HOW I SPENT THE DAY	
SIGNIFICANT CONVERSATIONS	
WHAT I NOTICED ABOUT GOD	
WHAT I NOTICED ABOUT MYSELF	
HABITS/PATTERNS I WANT TO DEVELOP	
HABITS/PATTERNS I WANT TO STOP	
ANY OTHER INSIGHTS	
PLANS/PRAYERS FOR TOMORROW	

## The Prayer of Examen

This was devised by St. Ignatius (a former 16th century working soldier) to help him discern the presence and action of God in daily life. It is still used extensively by Christians today. Here's a simplified short guide for busy working people:

Get comfortable, you might want to close your eyes then take a moment to be quiet before God and recognise his presence.

Take a few deep breaths and relax into that inner place where you normally meet with God. It's good first of all to thank him for his provision in the work of that day. And then, ask the Holy Spirit to give you insight into what happened during the day.

Now take a minute or two to look back on your day:

Don't overanalyse your day, but rather be still in God's presence and listen out for what he might bring to mind. First, the times you were conscious of God at work with you – in your meetings, in your planning, perhaps in something you were writing or creating, maybe in a difficult conversation - listen for what God may be highlighting. And next, any times where you lost sight of God, and things perhaps went a bit awry, or you just carried on under your own steam.

In your reflection you may have noticed both moments to celebrate and other moments that caused you sorrow. Allow yourself to be glad and celebrate those good moments of fruitfulness. And then take a minute to seek forgiveness and healing for those times you felt that your response to God was less than adequate.

In all of this, rejoice at God's deep desire to help you love him and others well.

And finally, look forward to your next working day and ask for God's help and inspiration for the situations you *know* you will be facing... and for those you don't!