Use this page to make a note of the people and situations

you are praying about

Information taken from www.ignatianspirituality.com

**Lent 2021**

**Praying Lent with St Giles, Aintree**

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**A**lmighty God,

as we seek your kingdom,
turn us from the darkness of sin

to the light of holiness,
that we may be ready to meet you
in our Lord and Saviour,

Jesus Christ. **A**men.

With this leaflet, you will have received a candle. We recommend you use it as a focus, for about 5 minutes a day throughout Lent. If you need another, please ask!

It is my hope that we will all be using these candles to pray. As we aren’t gathering for worship as we would like to, we can certainly do this together as a congregation across Aintree and beyond.

So, how are we going to pray?

On the next page you will find the over 400 year old ‘Daily Examen’. It was developed by St Ignatius Loyola to encourage prayer-filled mindfulness. The idea is to reflect on the events of the day so that we might see where God was present and to work out what he wants to say to us.

I hope you enjoy your candle and this way of praying. Let me know how you are getting on! It would be lovely to share encouragements with each other.

God bless,

Nathan

The Daily Examen

Sit somewhere comfy and light your candle.

Become aware of **God’s presence** with you. Think back over your day. Ask God to bring clarity in the mess.

Think through your day with **gratitude**. Focus on the things which were gifts. Pay attention to the small things. Thank God for his presence in your day.

Notice your emotions. Reflect on the **feelings experienced** throughout the day. What might God be saying through these feelings?

Ask the Holy Spirit to help you choose **one feature** from the day and pray about it. This feature may involve a negative or positive feeling, or it might seem insignificant. Sit with it for a while and allow a prayer to come from your heart. Talk to God about that feature of your day.

Finally, **look toward tomorrow**. Ask God for strength to deal with the challenges. Pay attention to how you feel and ask God to help you. Pray for hope.