

## Daily REFLECTION



**“God will meet you where you are in order to take you where He wants you to go.”**

Tony Evans

Everyone is in a hurry. We want to move fast and are impatient for results. Our Christian life cannot mature under such circumstances. God needs spaces in our lives where He can converse with us, shape us and redirect our lives. Daily reflections are such spaces.

Central to the Hebrew and Christian faith, is the conviction that “we live a life in dialogue with God” (Dennis Hamm). We can hear God by ATTENDING & BEING PRESENT to our experience, and interpreting it in the light of the other ways of hearing the Divine voice ~ through the Bible; the structures of creation; and the tradition and faith of the community .

Ignation Spirituality invites us to discover gifts from each day by “praying backwards” through our day. Many have called it ‘RUMMAGING FOR GOD’ ~ because God is always doing something, speaking something, showing something. Often, we are too busy or distracted to notice what the Author unveils for us. We need to pray backwards, to hunt around, and search for His fingerprints in our day.

RUMMAGING FOR GOD involves :

1. Praying for light.
2. Reviewing the day in thanksgiving
3. Reviewing feelings that surface in the replay of the day

Both the CONSOLATIONS and DESOLATIONS

- consolations are experiences that leave us richer, filled, joyful and peaceful.
- desolations often leave us drained, disturbed and distracted

4. Choosing one of these feelings, and dialoguing (praying) from it.

What does God seem to be saying, showing? Asking for God’s grace to be revealed in our experience.

5. Looking forward to tomorrow ~ a new day!

I would suggest GIVING OUR DAY A NAME~ embracing it as a gift from the LORD.

These are simple ways to attend to God’s Divine Presence in our current, routine, ordinary day; and to embrace each day as His EXTRAORDINARY GIFT of sanctification for us.



**You can keep on filling this out for each week or do so for a certain time period e.g. during a conference or camp:**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Name	Name	Name	Name	Name	Name	Name
Consolation	Consolation	Consolation	Consolation	Consolation	Consolation	Consolation
Desolation	Desolation	Desolation	Desolation	Desolation	Desolation	Desolation

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This paper was originally given to IFES staff to use during World Assembly.