



# Retreat In Daily Life

*Some suggestions for prayer*

Further copies of the booklet available from  
[www.epiphanygroup.org.uk](http://www.epiphanygroup.org.uk)

The Epiphany Group is supported by the Society of Jesus and works in collaboration with the [Ignatian Spirituality Centre, Glasgow](#) and the [Jesuit Community, Edinburgh](#).

## ***Stilling***

***Coming to stillness is one way of entering into prayer, of becoming aware of the presence of God who loves you.***

Find a quiet place.

Choose a position in which you can be at ease and yet alert.

You might find it helpful to light a candle or play some music or picture yourself in the midst of a beautiful scene.

Notice how your body is feeling.... allow any tense areas to relax  
.....be aware of the breath moving in and out of your lungs.....  
stay in the present moment resisting thoughts or plans or worries,  
focussed on the gentle rhythm of your breathing.

You may wish to consider that with each inward breath the Holy Spirit enters into every fibre of your being.....  
and allow each outward breath to be a letting go of those things that prevent you from knowing God more.



## ***Daily Awareness Exercise***

***A time for noticing how God's loving presence has accompanied you through the day. A place of encounter with God.***

Be still and ground yourself in the reality of God's loving presence. Looking back over the events of today where do you see that you have experienced God's love?

Take time to recognise the gratitude within you and to give thanks.

Invite God who is compassion to guide your reflection, asking to see the day as God sees it.

As you reflect, what experiences stand out in the day?  
What happened? What feelings were evoked?

Take a few moments to wait openly with what you have noticed. Recognise how God is with you in the experience. What changes? What insights unfold?  
Become more deeply aware of how you are encountering God, of what God is like and of God's relationship with you.

When you are ready consider how you want to respond to God's love in your life and ask for what you need as you seek to do this in the coming day.



## ***Walking in Nature***

In prayer, do what makes you feel close to God naturally - this may be walking in nature. Ask to see the world through God's eyes and then really look at everything around you.

Speak with God about how you feel, what you see, smell, touch and hear.

You may be attracted to something, a stone, leaf, feather... pick it up .... and in the same steps as described in 'Praying with Scripture' ask what it means, why am I attracted to it?

When you are finished with working things through you might stop and simply gaze on the God who is with you.



## ***Praying with Poetry***

Likewise, you might find yourself moved by a piece of poetry or prose.

Stay there, value the feelings that are evoked, let them fill you.

When you are ready.....

- you may want to name those feelings,
- to ponder the connections being made deep within your soul
- to look long at the God who shares this moment with you

## ***Imaginative Contemplation***

First become aware of yourself in the loving presence of God.

Read through the passage you have chosen once or twice

Now take time to imagine yourself in the scene.

Ask God for what you want, for your deepest desire, for grace.

Using your imagination visualise the place, the people, Jesus. As the story unfolds see what part you are playing, how you interact, what you find yourself saying.

Notice anything that surprises, how you are feeling and if those feelings and emotions change.

Listen to what is being said and to how you respond. Again notice the movement of feelings and ask what God wishes to show you.

Finally watch what is happening in the passage, how people relate, what unspoken messages are being given and see how you take part in this. Noticing how you feel ask what you are being shown of how God looks on you.

When you're ready leave the scene and turn to Jesus or God, as to a friend, talk about all that has happened, how you are feeling, what is going on inside you. Wait, sensing any response. Look back at the grace you asked for and say whatever needs to be said: whether it is gratitude, sorrow, commitment, longing...

You may want to end with the Lord's Prayer.



## ***Passages for Prayer***

### ***Praying with the Scriptures***

Choose the material you will pray with.

Now read through the passage slowly. When you read be aware of being in the presence of God who loves you.

Notice any word or phrase that stands out, that you keep returning to, that stays in your mind. You may want to read the passage a few times.

Now reflect on that word or phrase, turn it over inside. What might it mean? How does it make you feel?

How does God seem to be? What is God like?

You may wish to stay with this all day.

Finally, gather up your thoughts and feelings whatever they may be and share them with God. Notice how God seems to be. Ask where you are being drawn and consider how you would like to respond.

It might be helpful to note down your thoughts and feelings in a journal.



For surely I know the plans I have for you, says the Lord, plans for our welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart  
Jeremiah 29: 11 - 13

On the following day, as John stood there again with two of his disciples, Jesus passed, and John stared hard at him and said, “Look, there is the Lamb of God.”

Hearing this, the two disciples followed Jesus. Jesus turned round, saw them following and said,

“What do you want?”

They answered, Rabbi,” –which means Teacher– “where do you live?”

“Come and see,” he replied;

So they went and saw where he lived, and stayed with him for the rest of the day. It was about the tenth hour.

John 1: 35- 39



Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy to bear, and my load is not hard to carry.”

Matthew 11: 28 – 30

Look, I am standing at the door, knocking. If one of you hears me calling and opens the door, I will come in to share a meal at that person’s side. Revelation 3:20