

## RECALLING YOUR FAITH JOURNEY

### *I Am With You Always*

This prayer-exercise invites you to look back over your life journey in order to let God enable you to recognise more clearly the ways in which God has been with you at all the different moments.

First take some time to become still and quiet, using an awareness exercise or any other way into prayer that you know from experience works well for you.

Then ask God to awaken in you, during this period of prayer, the gift of remembering; bring to mind in you whatever it would be good for you to notice.

Now simply let the 'landscape' of your life unfold before your mind's eye, and let your attention roam where it will within that landscape.

The following questions may help you in your reflection:

Where, in your life's journey so far, have the special moments been; the milestones and



*When Our Lady greeted Elizabeth at the Visitation, they praised God for His love. Our Lady held in mind the whole world which Her Son wished to help.*  
(T-01714-01)

the mountain tops (events, people, places ...)?

What gifts was God giving you in these times?

What about the valleys and the deserts – times of darkness, pain, or confusion? Where is the Lord in these? Where has God seemed absent?

Where have you come to crossroads, rivers to cross, a choice of paths – places of decision or crisis? How has God guided you in these times?

Draw a 'map' of your journey, in whatever way you like. You might want to use a picture, or words, or symbols – make use of whatever is most meaningful to you.

Spend some time sharing your memories and your map with God – let the Spirit lead you here. What does God want to show you?

Finally, as you stand again in the present moment, what might you need to ask God for to help you move forward on your journey?

*In the wilderness, too, you saw him: how the Lord carried you, as a man carries his child, all along the road you travelled on the way to this place (...) your God, who has gone in front of you on the journey, by night in the fire to light your path, by day in the cloud.*

(Deuteronomy 1:31–32)

# MY BLESSED HISTORY



*Christ walks amongst his people, with the pilgrims and the sick ones, a child on His shoulders. (T-01327-01)*

The purpose of this prayer-exercise is to look over my life, with God, recognising God's providential love and care for me from when I first existed. My own story, made up of so many diverse experiences, becomes blessed when, after sufficient remembering and listening with the heart to the mystery of these various experiences, I discover again God present and working with me through it all.

- ◆ Where have I experienced God in my life?
- ◆ When and where in my history have I felt God with me?
- ◆ Who are the people in my life who have mirrored God, in whom I have seen the face of God?
- ◆ Are there special places in my life where I have felt near to God?

(If you are spending a number of prayer sessions with this exercise, you might like to divide your life into sections, taking a different period of your life for each session.)

**Prepare** as usual: considering how you are with God at this time, what sort of mood you are in, beginning to think about this time of prayer.

## Prayer

Spend time becoming still:

Ask for the guidance of the Spirit in your prayer ...

I ask for a deepening awareness of God's personal love for me and gratitude for God's care for me throughout my life.

Taking the different times of your life, slowly let your mind and heart move through those times, becoming more attuned to the presence of God throughout your life.

## Let one memory touch off another

The following random headings may help to spark your prayer of remembering.

*friends relations school parents  
buildings places teachers health gifts  
holidays jobs responsibilities falling  
in love talents struggles sacraments  
experiences of church decisions  
communities*

**As you remember, be aware of any gratitude that you feel and take the time to give thanks to God for his many gifts to you, and his presence in your life.**

If negative memories and feelings arise, acknowledge them as part of who you are, but then hand them over to God, who knows you better than you know yourself. Allow God to be free to shed light on these shadowy memories in God's own time.

**Bring your prayer to a close and spend time reviewing the prayer and making notes.**

You may like to express something of your life story using symbols, diagrams or art materials, or in some other way.