

My Daily Prayer Pathway

Three moments of the day

1: With Jesus in the morning: as I begin my day, I take a moment of silence and become aware of the Trinity's gaze upon me and the world. I pray the Morning Offering and for the Holy Father's concerns.

2: With Jesus during the day: at least once during the day, anywhere, I take a moment to remember that I'm still in the presence of Jesus and he in mine.

3: With Jesus at night: towards the end of the day, in a moment of silence, I ask the Spirit to show me how Jesus has been with me during the day. I thank him.



**Pope's Worldwide
Prayer Network**

Britain

Contact the Pope's Worldwide Prayer Network (Apostleship of Prayer) in Britain:

National Office AoP/Prayer Network

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JESUITS
in Britain



The Pope's Worldwide Prayer Network
APOSTLESHIP OF PRAYER

Daily Prayer of Awareness (the Ignatian Examen)

Five stages, or moments:

Ask for light:

'Lord, help me to see my day as you saw it'

Give it to God as a deeply-felt desire

Review the day from the moment
you woke up until now

Give it to God to bless

Moments of light, of delight:
let them come to you again

Give them to God with joy

Moments of shadow, of sadness:
let them come too

Give them to God to heal

Look to tomorrow:
the future will be full of gifts

Give it to God to fill with hope

**Spend a few moments with this reflection each evening and
find the deeper reality of the day just ending.**



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