

INFUSED WITH
GOD'S LOVE



SABBATH RETREAT
WAYSIDE FRIENDS CHURCH | 2023



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SCHEDULE OF EVENTS

FRIDAY, APRIL 14TH

4:30 - 6:00^{PM} | Registration in Creevey Commons

6:00^{PM} | Welcome and orientation in Creevey Commons

7:00^{PM} | Dinner in Wright Hall

7:45^{PM} | Evening Prayers in Creevey Commons

8:15^{PM} | Break

8:30^{PM} | Connection Time in Creevey Commons

SATURDAY, APRIL 15TH

7:00^{AM} | Quiet Space in Creevey Commons

8:00^{AM} | Breakfast in Wright Hall

9:15^{AM} | Morning Prayers in Creevey Commons

10:15^{AM} | Spiritual Connect options

12:00^{PM} | Lunch in Wright Hall

12:45^{PM} | Rest and Reset

6:00^{PM} | Dinner in Wright Hall

6:45^{PM} | Evening Labyrinth in lower field
[near the Rose Garden, below Wright Hall]

7:30^{PM} | Evening Prayers in Creevey Commons

8:15^{PM} | Break

8:30^{PM} | Connection Time in Creevey Commons

SUNDAY, APRIL 16TH

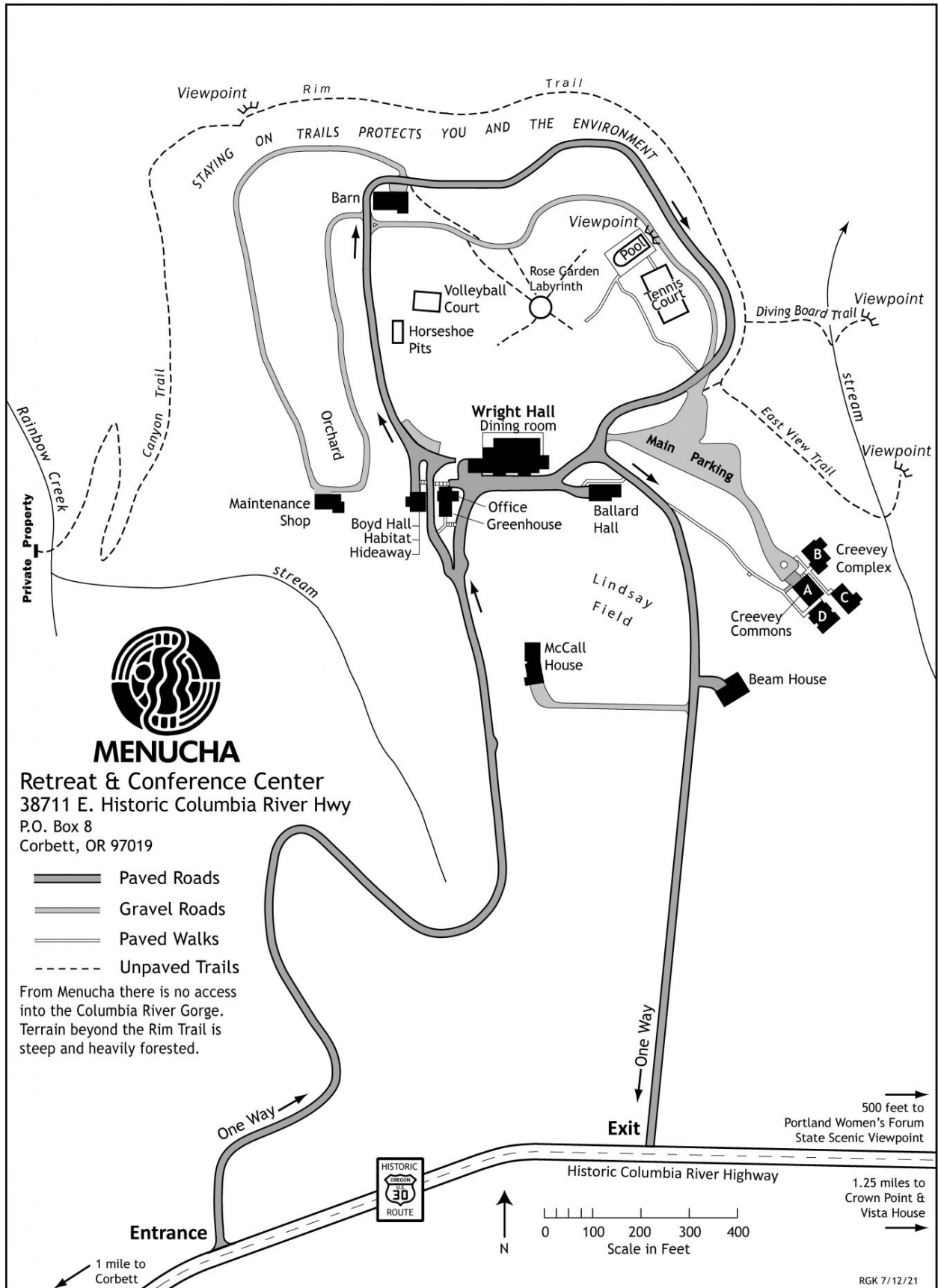
7:00^{AM} | Quiet Space in Creevey Commons

8:00^{AM} | Breakfast in Wright Hall

8:45^{AM} | Pack up

9:15^{AM} | Morning Prayers in Creevey Commons

11:00^{AM} | Head Home



MENUCHA MAP

FRIDAY EVENING

WELCOME

May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope!

SCRIPTURE READING

There remains, then, a Sabbath-rest for the people of God; for those who enter God's rest also rest from their own work, just as God did. Let us, therefore, make every effort to enter that rest.

HEBREWS 4:9-11 [NIV]

LEADER | There is a special Sabbath-rest for the people of God. For all who enter into God's rest also rest from their own work, just as God did after creating the world. So, let us make every effort to enter that rest.

ALL TOGETHER | God, thank you for creating this magnificent world. Help us accept your invitation to join you in times of work and times of rest. Thank you for your goodness and your care for each one of us. We come to worship You.

AS WE GATHER

As we gather may Your Spirit work within us
As we gather may we glorify Your name
Knowing well that as our hearts begin to worship
We'll be blessed because we came
We'll be blessed because we came

HALLELUJAH [YOUR LOVE IS AMAZING]

Your love is amazing steady and unchanging
Your love is a mountain firm beneath my feet
Your love is a mystery how You gently lift me
When I am surrounded Your love carries me

Hallelujah, hallelujah, hallelujah

Your love makes me sing

Hallelujah, hallelujah, hallelujah

Your love makes me sing

Your love is surprising I can feel it rising
All the joy that's growing deep inside of me
Every time I see You

All Your goodness shines through

I can feel this God song rising up in me

Hallelujah, hallelujah, hallelujah

Your love makes me sing

Hallelujah, hallelujah, hallelujah

Your love makes me sing

COLLECTIVE READING | "Centering Prayer"

Hidden God, ever present to me,

may I now be present to you,

attentive to your every word,

attuned to your inspirations,

alert to your touch.

That I may be filled with you.

MS. PATRICIA B. CLARK

LEADER | Listen to these words from scripture.

I pray that God, out of the riches of divine glory, will strengthen you inwardly with power through the working of the Spirit. May Christ dwell in your hearts through faith, so that you, being rooted and grounded in love, will be able to grasp fully the breadth, length, height and depth of Christ's love and, with all God's holy ones, experience this love that surpasses all understanding, so that you may be filled with all the fullness of God.

EPHESIANS 3:16-19 [THE INCLUSIVE BIBLE]

PRAYERS OF THE COMMUNITY

We will now enter a time of spoken and quiet prayer. What prayers of thanks, praise, longing, or offering do you feel drawn to pray in this time? Feel free to speak these prayers to God out loud or silently.

YOU ARE MY HIDING PLACE

You are my hiding place
You always fill my heart
With songs of deliverance
Whenever I am afraid
I will trust in You

I will trust in You
Let the weak say
I am strong
In the strength of the Lord
I will trust in You

COLLECTIVE READING | "I Believe That Goodness"

Dearest One,

I believe that goodness is the driving motion of it all,

That we can participate in and with that goodness,

That at the heart of goodness is the love of all life.

Lead us to see, participate in,

and cooperate with that goodness.

Help us to complete goodness' joy and our own.

By doing that, we enter into your presence.

MS. PHOEBE W. GRISWOLD

GOD OF DAY AND GOD OF DARKNESS

God of day and God of darkness

Now we stand before the night

As the shadows stretch and deepen

Come and make our darkness bright

All creation still is groaning

For the dawning of Your might

When the Sun of peace and justice

Fills the earth with radiant light

Praise to You in day and darkness

You our source and You our end

Praise to You who love and nurture us

As Father, Mother, Friend

Grant us all a peaceful resting

Let each mind and body mend

Let us rise refreshed tomorrow

For the tasks which You will send

God of day and God of darkness

Now we stand before the night



SATURDAY MORNING

We invite you to sit for a moment; God's love surrounds you and is in you. Let these verses remind us of the constancy of God's love:

I have complete confidence, O God! I will sing and praise you!
Wake up, my soul! Wake up, my harp and lyre!
I will wake up the sun.

I will thank you, O Lord, among the nations.
I will praise you among the peoples.

Your constant love reaches above the heavens;
your faithfulness touches the skies.

PSALM 108: 1-4 [GNT]

The Lord your God is with you; God's power gives you victory.

The Lord will take delight in you, and with love will give you new life.

God will sing and be joyful over you, as joyful as people at a festival.

ZEPHANIAH 3:17-18A [GNT]

BEHOLD WHAT MANNER OF LOVE 1 JOHN 3:1

Behold what manner of love our God has given unto us
Behold what manner of love our God has given unto us
That we should be called the children of God
That we should be called the children of God

I LOVE YOU LORD

I love you Lord and I lift my voice
To worship you, oh my soul rejoice
Take joy my king in what you hear
Let it be a sweet, sweet sound in your ear

This hope does not disappoint us, for God has poured out their love into our hearts by means of the Holy Spirit, who is God's gift to us.

ROMANS 5:5 [GNT]

Righteous Creator! The world does not know you, but I know you, and these know that you sent me. I made you known to them, and I will continue to do so, in order that the love you have for me may be in them, and so that I also may be in them.

JOHN 17: 26 [GNT]

BELOVED LET US LOVE ONE ANOTHER 1 JOHN 4:7-8

Beloved let us love one another
For love is of God
And everyone who loves is born of God and knoweth God
They who loveth not
Do not know God, for God is love
Beloved let us love one another
1st John 4: 7 and 8

TEA TALK

Let's take a moment to read and wonder about these questions:

Imagine God's love flowing into you and warming you in the same way as we watched the water flowing over the tea leaves. Think how God's love might be softening the tea leaves of your heart, releasing color and flavor. I wonder as what kind of tea you see yourself? Minimally processed? Highly processed? Have you changed over time? Have there been different times of infusion? Cold, hot?

Right now are you feeling dry, like you need a fresh infusion of God's love, or are you feeling like you have been well steeped and are ready to overflow? Maybe somewhere in between? What kind of unique flavors and aromas do you share with our community and with the world?

Is God calling you to a deeper awareness of their love for you? How might God be asking you to share your unique expressions of love with others?

PRAYER

Loving God-with-us, thank you for sending your Spirit to infuse us with your love. Help us to soak in your warm embrace. Let your love penetrate and soften our hearts and open our gifts and talents to be a sweet aroma and soothing liquid to those around us.

PRACTICE | FOR LATER WITH YOUR TEA PACKETS

Put fresh water on to boil. Empty the tea from one of your teabags into a heat resistant measuring cup or tea pot. Pour about 5-8 ounces of water over the tea leaves. Let steep for 2 to 5 minutes—less time for white or green teas, the longer time for black teas. Watch the leaves uncurl and expand. Watch them release their color. Smell the aromas arising from the cup.

Pour the tea through a strainer into a favorite cup or mug. Let the warmth and flavor soothe you as you sip. Imagine God's love flowing into you and warming you as the tea does. Ask God to soften you and ready you to share their love with your world.



SATURDAY EVENING

LEADER | Hebrews 4:9-11 "There remains, then, a Sabbath-rest for the people of God; for those who enter God's rest also rest from their own work just as God did. Let us, therefore, make every effort to enter that rest."

ALL TOGETHER | Thank you, God, for rest - for this day of Sabbath. Thank you, Jesus, for your devoted, permeating love. Jesus, your love fills us with compassion, grace, and infuses us with hope. Holy Spirit, thank you for your presence as we gather together in worship.

YOUR LOVE O LORD

Your love, oh Lord
Reaches to the heavens
Your faithfulness stretches to the sky
Your righteousness is like the mighty mountains
Your justice flows like the ocean's tide

I will lift my voice
To worship You my King
I will find my strength
In the shadow of your wings

YOU LORD ARE IN THIS PLACE

1ST TIME: END WITH "LOVE" 2ND TIME: END WITH "PEACE"

You Lord are in this place
Your presence fills it
Your presence is love

You Lord are in my heart
Your presence fills it
Your presence is love'

You Lord are in my mind
Your presence fills it
Your presence is love

You Lord are in my life
Your presence fills it
Your presence is love

I LOVE YOU LORD

I love you Lord and I lift my voice
To worship you, oh my soul rejoice
Take joy my king in what you hear
Let it be a sweet, sweet sound in your ear

LEADER | Listen to these words from scripture. Invite Christ to speak through them:

Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us, and God's love is perfected in us.

1 JOHN 4:11-12 [NRSVUE]

O THE DEEP, DEEP LOVE OF JESUS

O the deep, deep love of Jesus
Vast, unmeasured, boundless, free
Flowing as a mighty ocean
In its fullness over me

Underneath me, all around me
Is the current of Your love
Leading onward, leading homeward
To Your glorious rest above

O the deep, deep love of Jesus
Spread His praise from shore to shore
How He loves us, ever loves us
Changing never, nevermore

How He watches o're His loved ones
Died to call them all His own
How for them He's interceding
Watching o're them from the Throne

O, the deep, deep love of Jesus
Love, of every love, the best
Tis an ocean full of blessing
Tis a haven, giving rest

O the deep, deep love of Jesus
'Tis a heaven of heavens to me
And it lifts me up to glory
With You evermore to be

O the deep, deep love of Jesus
Vast, unmeasured, boundless, free

LEADER | Let's take a few moments to reflect on God's love.
What words or phrase stand out to you in lyrics
of this hymn?

LEADER READING | "Already So Loved"

Love has happened and it is happening and it will happen. It
is kind and patient towards you.

You're already so loved, you aren't earning a breath of love
or tenderness more than what you already have just by
breathing just by existing, just by being here in the wonder.
Your name is already written in the lines of the hands of the
universe. You're star-breath-of-dust, and you are beloved,
intimately, faithfully, wholly. It's your lifelong rock. You are
known. You are loved with delight and abundance, with
choice and desire, with covenantal love.

You may feel it or not.

YOU ARE SO LOVED.

You are so loved.

You are so loved.

SARAH BESSEY

LEADER | We will now enter a time of spoken and quiet
prayer. What prayers of gratitude, praise, longing,
or offering do you feel drawn to pray in this time?
Feel free to speak these prayers out loud or silently to God.

GREAT IS THY FAITHFULNESS

Great is Thy faithfulness, God our Creator
There is no shadow of turning with Thee
Thou changest not, Thy compassions, they fail not
As Thou hast been, Thou forever will be

Great is Thy faithfulness
Great is Thy faithfulness
Morning by morning new mercies I see
All I have needed Thy hand hath provided
Great is Thy faithfulness, Lord, unto me

Summer and winter and springtime and harvest
Sun, moon and stars in their courses above
Join with all nature in manifold witness
To Thy great faithfulness, mercy and love

Great is Thy faithfulness
Great is Thy faithfulness
Morning by morning new mercies I see
All I have needed Thy hand hath provided
Great is Thy faithfulness, Lord, unto me

Pardon for sin and a peace that endureth
Thine own dear presence to cheer and to guide
Strength for today and bright hope for tomorrow
Blessings all mine with 10, 000 beside

Great is Thy faithfulness
Great is Thy faithfulness
Morning by morning new mercies I see
All I have needed Thy hand hath provided
Great is Thy faithfulness, Lord, unto me

CORAM DEO

Moment by moment, grace after grace
Openly, honestly before Your loving face
Living before You, day after day
All of my life embraced in Your holy gaze

Coram Deo, Coram Deo
All of my life embraced in Your holy gaze

LEADER | Therefore, as God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

COLOSSIANS 3:12-14 [NRSVUE]

Imagine God's love wrapping around you. You may want to picture sitting side-by-side, or face-to-face with Christ or just in His presence. You might simply pray the following prayer as you offer yourself to God and invite God's love to cover every part of you, like you would put on a coat or blanket. Some find it helpful to pray this over and over for a few moments.

God, I offer you myself from my toes to my head
from my left to my right,
from my back to my front, from inside out.

God, may your love cover me from my toes to my head,
from my left to my right,
from my back to my front, from inside out...

LEADER | God, we thank you for this day that you have so graciously given to us. We pray as we enter your rest you will guide our hearts with your life, fill our minds with your peace, and hold our spirits in your loving hands. We commit this night to you.

GOD OF DAY AND GOD OF DARKNESS

God of day and God of darkness
Now we stand before the night
As the shadows stretch and deepen
Come and make our darkness bright

All creation still is groaning
For the dawning of Your might
When the Sun of peace and justice
Fills the earth with radiant light

Praise to You in day and darkness
You our source and You our end
Praise to You who love and nurture us
As Father, Mother, Friend

Grant us all a peaceful resting
Let each mind and body mend
Let us rise refreshed tomorrow
For the tasks which You will send

God of day and God of darkness
Now we stand before the night

TIME OF SILENCE



SUNDAY MORNING

WELCOME

LEADER | There is a special Sabbath-rest for the people of God. For all who enter into God's rest also rest from their own work, just as God did after creating the world. So, let us make every effort to enter that rest.

ALL TOGETHER | God, thank you for creating this magnificent world. Help us accept your invitation to join you in times of work and times of rest. Thank you for your goodness and your care for each one of us.
We come to worship You.

AWAKE MY SOUL AND WITH THE SUN

Awake my soul and with the sun
Your daily stage of duty run
Shake off your sleep and joyful rise
To pay your morning sacrifice

Wake and lift up yourself my heart
And with the angels take your part
Who all night long unwearied sing
High praise to the eternal King

Lord I my vows to You renew
Disperse my sins as morning dew
Guard my first springs of thought and will
And with Yourself my spirit fill

Direct control suggest this day
All I design or do or say
That all my powers with all their might
In Your sole glory may unite

Praise God from whom all blessings flow
Praise God all creatures here below
Praise God above you heavenly host
Creator, Son, and Holy Ghost

LEADER | God, we thank you for this day that you have so graciously given to us. We pray that you will guide our hearts with your truth, fill our minds with your peace, and hold our spirits in your loving embrace.

ALL TOGETHER | To You, God, I give my whole heart, a heart filled with praise, for I am grateful; before the gods, my heart sings praises to You and You alone.

I bow before You, looking to Your holy temple, and praise Your name, for Your unfailing love and truth; for You have placed Your name and Your word over all things and all times.

On the day I needed You, I called, and You responded and infused my soul with strength.

PSALM 138:1-3 [THE VOICE]

AS WE GATHER

As we gather may Your Spirit work within us

As we gather may we glorify Your name

Knowing well that as our hearts begin to worship

We'll be blessed because we came

We'll be blessed because we came

HOLY AND ANOINTED ONE

Jesus, Jesus
Holy and anointed one
Jesus

Jesus, Jesus
Risen and exalted one
Jesus

Your name is like honey on my lips
Your spirit like water to my soul
Your word is a lamp unto my feet
Jesus I love You
I love You

Jesus, Jesus
Holy and anointed one
Jesus

Your name is like honey on my lips
Your spirit like water to my soul
Your word is a lamp unto my feet
Jesus I love You
I love You
Jesus, Jesus

SCRIPTURE READING

God, with the unfathomable richness of divine love and mercy focused on us, united us with the Anointed One and infused our lifeless souls with life.

EPHESIANS 2:4-5 [THE VOICE]

THE PASSING OF THE BLESSING

“Your life is infused with the love of God.”

BEHOLD WHAT MANNER OF LOVE 1 JOHN 3:1

Behold what manner of love our God has given unto us
Behold what manner of love our God has given unto us
That we should be called the children of God
That we should be called the children of God

HOW I LOVE YOU

How I love you
You are the one
You are the one
How I love you
You are the one for me

I was so lost
But you showed the way
'Cause you are the way
I was so lost,
But you showed the way to me

I was lied to
But you told the truth
'Cause you are the truth
I was lied to
But you showed the truth to me

I was dying
But you gave me life
'Cause you are the life
I was dying
And you gave your life for me

Hallelujah
You are the one
You are the one
Hallelujah
You are the one for me

How I love you
You are the one
You are the one
How I love you
You are the one for me

HYMN TO THE HOLY SPIRIT

Spirit moving over chaos
Bringing light where there was none
Be to us a light revealing
Where the work is to be done
Praise to God among us dwelling
Praise the Spirit giving light
Praise to God, among us dwelling
Praise the Spirit giving light

Breath, instilling animation
Giving life, informing soul
Breath into this congregation
Life that makes the Body whole
Praise to God, among us dwelling
Praise the Spirit giving life
Praise to God, among us dwelling
Praise the Spirit giving life

Power, Life-force, Inspiration
Blowing, breathing, brooding here
Call, enliven, and empower
For your work both far and near
Praise to God among us dwelling
Praise the Spirit giving strength
Praise to God among us dwelling
Praise the Spirit giving strength

COLLECTIVE READING | “How I Live and Why”

Because I know
that Spirit matters
itSelf lavishly
into the Universe
I am committed
to packing a lot living
into a little life.
Some call this
ecstasy,
I call it love.
Love’s favorite
word is Thanks.

THE REVEREND DR. ALLA RENÉE BOZARTH

SPIRIT OF THE LIVING GOD

Spirit of the Living God
Fall afresh on me
Spirit of the Living God
Fall afresh on me
Melt me, mold me, fill me, use me
Spirit of the Living God
Fall afresh on me

COMMUNITY BLESSING

May God bless you and keep you.
May God’s face shine on you.
May God be gracious to you and give you peace.
Amen.



NOTES



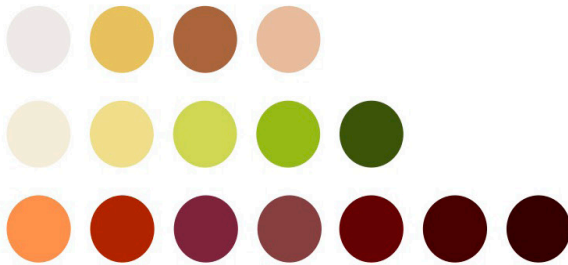
Tasting Journal



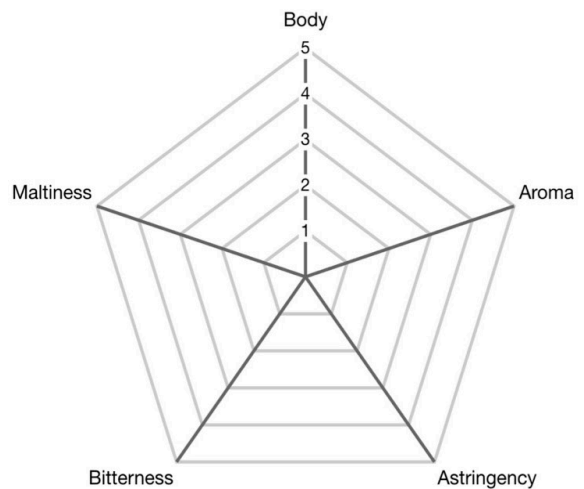
Date: _____
Brand: _____
Tea name: _____
Tea type: *white green oolong black pu'erh* _____
Origin: _____
Brew method: _____

Score: _____ / 10
Additional Notes:

Infusion color



Clarity: _____



Appearance & Aroma

Dry leaves: *Size, color, shape, texture, consistency*

Wet leaves:

Tasting Notes

Flavor:

Aftertaste:

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ITMA Tea Aroma Wheel



TEA MAKING PROCESS

There are seven main tea making process steps, but the extent to which each one is used is different depending on the type of tea manufacturing.

1. PLUCKING THE TEA LEAVES

This is one step that every single type of tea must start with. After all, for tea manufacturing to happen, you need to remove the leaves from the plant first! Some teas require leaves to be plucked at a younger age, while others require a mature leaf.

2. LETTING THE TEA LEAVES WITHER

Like any other flower or plant, tea leaves will naturally begin to wither once they are plucked from the bush. The goal of this step is to let the moisture in the leaves evaporate. Depending on the type of tea, this is done by drying leaves under the sun or in a room with good ventilation.

3. ROLLING, TOSSING, OR CRUSHING THE TEA LEAVES

Processing tea leaves requires breaking down some of the cell walls so that the air can react with them. This is done by shaking, tossing, crushing, and rolling the tea leaves to get them ready for oxidation.

4. OXIDIZING THE TEA LEAVES

This is by far the most important part of the tea making process. The level of oxidation is what determines what kind of tea is created. Once the leaves have been bruised, they are left exposed to the air. The oxygen reacts with enzymes in the tea leaves and changes the chemical composition of the tea. The leaves gradually darken, just like any cut fruit does when left out.

5. FIXING THE LEAVES BY HEATING

The next step in processing tea leaves is to heat them once the desired level of oxidation is achieved. Heating stops the enzymes in the tea leaves from any more oxidation. In other words, once the enzymes have done their job, heat is used to immobilize them.

6. DRYING THE TEA LEAVES

Now it's time to dry the leaves since they get damp during the heating step. After heating, the leaves are shaped into the desired form for the tea type. This could be anything from spirals, pellets, rolls, and more. Then, the shaped tea leaves are dried using sun, baking, or air.

7. SORTING THE TEA LEAVES

The final step in the tea factory process is sorting the tea leaves before they are packed. This involves the painstaking process of sifting through all the dried tea to remove any impurities, stems, seeds, or burnt leaves.



HOW PROCESSING DIFFERENT TEA LEAVES GIVES US A WONDERFUL VARIETY OF TEAS

Wondering how the tea making process steps above apply to create your preferred type of tea? Oolong tea processing is different from black tea processing, which is different from yellow or dark tea processing! Here's how the tea making process differs for five different types of tea:

BLACK TEA

Black tea processing differs from all other tea making processes in that it has the longest oxidation step. Leaves are left to react with oxygen, so they become dark (hence the name black)!

GREEN TEA

Green tea processing is pretty much the opposite of black tea processing when it comes to oxidation. To preserve the green color of the fresh tea leaves and the lighter taste, green leaves are heated early on during the rolling process. This allows green tea to keep its high level of antioxidants and why it's famous for health benefits.

OOLONG TEA

Oolong tea processing is the most complex because it involves repeating some steps of the tea making process several times to achieve the unique aroma and flavor. The rolling and oxidation steps are repeated over and over to get a tea that has characteristics roughly between a green tea and a black tea.

WHITE TEA

White tea doesn't involve much processing at all. The leaves are plucked and allowed to wither and air dry- or in some cases gently tumble dried when needed. These are not deliberately bruised to aid oxidation like the other teas.

FERMENTED TEA

Yellow tea and dark tea are both types of fermented teas. Yellow tea leaves are fermented before being dried, which gives them a yellowish color. Dark teas such as Pu-erh undergo fermentation after the heating and shaping steps of the tea making process to produce an aged tea.

DEVELOPING A BREATH PRAYER

Paul encourages us to “pray continually” (1 Thessalonians 5:17–18). Wouldn’t it be great to have a prayer as close to us as the very breath we breathe?

The following is an exercise in “creating” a breath prayer, simply a tool you can use as you breathe in and out in your everyday life. We can be in prayer in whatever we are doing, listen to God’s desires for us and offering ourselves to God as well. We carry a breath prayer with us throughout our day as we seek to be attentive to God.



1. Take a moment to dedicate this time to God.
2. Pay attention to your breathing for a few moments as the air comes in and out... in and out... in and out...
Take a moment to be still before God.
3. Consider what truth God might want to communicate to you. Take a few moments to write about this. What does God desire to communicate to me? Be aware if certain scriptures come to the surface.

YOU ARE AMAZING I LOVE YOU I AM HERE
YOU'RE OKAY TRUST IN ME

4. Consider what desires you have for God in your life. Take a few moments to write about this.

What do I desire to communicate to God?

I NEED YOU SAVE ME I LOVE YOU
I AM YOURS I WANT TO KNOW YOU

5. Now the fun begins: experiment with these words so that they are in a short form (4-5 syllables each) that you can repeat as you breathe in and out.
6. Now simply experiment with this prayer. Sit, noticing the rhythm of your breathing as you pray these words.
7. Take a moment to thank God for this time as you carry this prayer with you through the day.

WALKING THE LABYRINTH

HOW TO WALK THE LABYRINTH

There is no right or wrong way to walk the labyrinth!

Walk at your own pace.

Allow your experience to unfold naturally.

SOME SUGGESTIONS FOR YOUR JOURNEY

Quiet your mind and become aware of your breath.

Allow yourself to find the pace your body wants to go.

RELEASING

As you enter, let go of the details of your life. This is a time to release your thoughts and distractions and to open your heart and quiet your mind.

RECEIVING

When you reach the center, stay as long as you like in meditation and prayer.

RETURNING

On the return journey, notice any new insights or feelings.

What will you carry forward from this experience?

Give thanks for this time in your life's journey.



OFFERING PRAYER

God, I give you myself
from my toes to my head,
from my left to my right,
from my back to my front,
from inside out.

Take a few moments to pray this offering prayer:

- as you rise in the morning.
- as you go to sleep at night.
- when you are feeling anxious.
- before you meet with someone.
- before you take time to accomplish a task.
- as you enter a time of prayer.

Pray it over and over for a few moments.



SIMPLE PRAYER OF EXAMEN

Find a quiet place to pray.

Invite Jesus Christ to use this time as he desires.

Ask Jesus to bring to heart some of the places from today that you were grateful for.

If you could relive one moment, which would it be?

When were you most able to give and receive love today?

SPEND SOME TIME REFLECTING ON THESE THINGS

Ask Jesus to bring to heart some of the places from today that you were least grateful for.

When were you least able to give and receive love?

What made these moments difficult?

SPEND SOME TIME REFLECTING ON THESE THINGS

As you notice some answers to these questions what does this tell you about the future?

How is God calling you into being?

Toward what actions, activities, or attributes is God drawing you?

TAKE A MOMENT TO THANK GOD FOR THIS TIME

QUESTIONS YOU MAY USE FOR REFLECTION

- For what moment today am I most grateful?
- For what moment today am I least grateful?
- When did I give and receive the most love today?
- When did I give and receive the least love today?
- When did I feel the most alive today?
- When did I most feel life draining out of me?
- When was I open to God's activity?
- When was I closed or blocked to God's activity?



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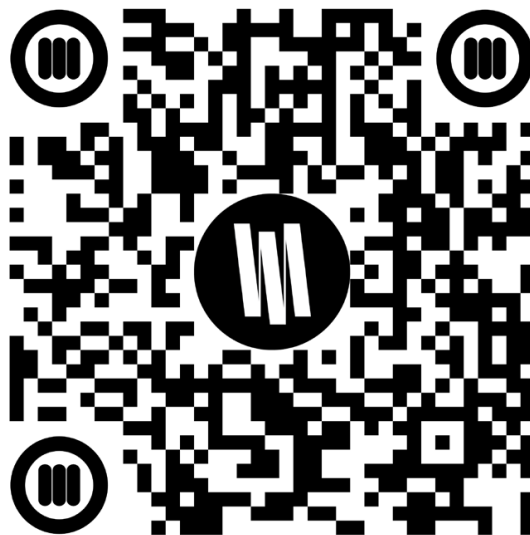
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