

# A Renewing Activity

**EXPERIENTIAL:** Some ideas - Choose one that will be genuinely soul stretching for you, not one that is easy or already habitual for you. Do it three times in the course of a week. When you're all done write a brief paragraph reflecting on your experience. What did you notice about yourself and your experience of God with you?

- Go outside, and look for any sign of the turning of the season. Take in the creation around you, noticing what you're drawn to. Let what you're drawn to become a conversation with God.
- Engage in a gratitude exercise: say 'thank you for...' or 'I'm grateful for how you/when you...' to at least two people a day. Notice what happens in your heart as you do so.
- At the end of the day, list the ways in which you felt loved that day (list at least 5).
- Prayerfully consider a way that you experienced God's love in the past day, and write a poem about it.
- In an end-of-day Examen, journal about a surprise experience from that day, of awakening to God's love or immanent presence, experienced in something you read, or saw, or heard.
- Pray the prayer that St. Francis' friend Bernardo noticed Francis praying during the night: kneel, hold your arms wide, and pray to God, "My God and my all!"
- Notice, in someone in your household or in someone else whom you encounter daily, a few characteristics that you experience as an attribute of God, or a gift from God. Tell them what you notice, and if you pray together, pray it in their presence-- "God, thank you for how I experience You in this way through this person."

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**REFLECTION:** Write a one-paragraph description of your experience. Summarize the experience itself in a few sentences; then devote the remaining sentences to summarizing the work that this experience did in your soul. What went on in your prayerful awareness of self, and of God?

Share this reflection with your spiritual director or a trusted soul friend.

