

EMMAUS PROGRAMME SESSION 1

EXERCISE

Over the coming weeks practice the simple gratitude Examen outlined below.

1. Take a few moments to slow down and become still
2. Ask God to give light that you may see in this past day what God wants you to see
3. Slowly recall the different events of the day
 - People
 - places
 - conversations
 - happenings ...
4. Notice in particular three things from the day for which you are grateful, and spend more time remembering them in detail.
5. Talk to God about your day, in particular saying thank you for those times which you found life-giving, hopeful, energising, an experience of love ...
6. End with an Our Father or Glory be ...

READING

As you read notice what draws you, moves you, opens you up and also what irritates, confuses or bores you.

Maureen Conroy. 'Nurturing Spiritual Experiences.' Human Development, Fall 2003
<http://www.benethillmonastery.org/Education/Year%2011%20BSFP%20PDF%20files/08%20Nurturing%20Spiritual%20Experiences.pdf>

Rob Marsh. 'Receiving and Rejecting - On Finding a Way in Spiritual Direction.' The Way, 2006
<http://www.theway.org.uk/back/451Marsh.pdf>