



## Rhythms of Grace

### Live it Out 1

#### 1) Put up the shuttering and ask God to fill it.

- a) Identify a specific issue that you want to ask God to bring transformation in.
- b) Identify four things that you could intentionally do e.g. pray blessing for my difficult neighbour, speak words of affirmation to my spouse, put on a worship CD when I am tempted to view internet material that is unhelpful etc. and seek to live them out.
- c) Pray each day for the specific 'grace' that you are desiring e.g. 'I pray for the grace to be patient with my neighbour and to love them as you love them.'

**2) Growing the fruit.** Select one of the fruit of the Spirit (Galatians 5:22-23) to focus on developing in the coming week. Each morning pray that God would give you more of that fruit and consciously, with God's help try and live that out in your life each day.

**3) Learning from Jesus.** If we are to be transformed to be more like Jesus, we need to spend time with him, observing and learning from him. Choose one of the gospels to start reading through a chapter a day, taking time to 'walk with Jesus' and observing how he thinks, speaks and acts. Ask God each day to help you to learn to 'be what he is.'

**4) Resisting temptation.** Identify an area where you are prone to be tempted. Memorise 1 Corinthians 10:13 and whenever you are tempted, quote this scripture to yourself and pray that God would show you the 'way out'. It may well help you to share what you are tempted by with one other person so they can support you in it.

**5) Tongue tied.** Each morning ask the Holy Spirit to transform your speech so that it is more Christ-like, positive, loving and building others up. Make a commitment to think about the words you use to respond to different situations and ask the Holy Spirit to guide you with the words to say in different situations.

**6) Reviewing your day (The Examen).** This is a simple daily pattern of prayer (developed by St. Ignatius of Loyola) which helps individuals prayerfully reflect on the events of the day in order to detect God's presence, discern his direction, and grow in Christ-likeness. Commit to trying this for a period of time, asking God to transform you through it. (See below)

## The Examen

### Recall you are in the presence of God.

- We are always in the presence of God but in prayer we place ourselves in God's presence
- Ask the Holy Spirit to help you look at your life with love this day.

### Look at your day with gratitude.

- Begin to give thanks to God for the gifts of the day.
- Take special care to notice what you have received and what you gave.
- As you complete the review of your gifts and the particular gifts of the day, pause to thank God for all of these.

### Ask help from the Holy Spirit.

- Look at the ways you have responded to God's gracious gifts and love this day.
- Ask the Holy Spirit to come into your heart and help you look at your actions clearly with an understanding of your limitations.
- Do not judge what comes to you, it is a gentle look with the Lord on how you have responded to God's gifts.

### Review your whole day

- Notice the details.
- The context of what happened.
- How you acted.
- Your motives.
- Your feelings.

### When did I fail?

- Where you did not feel at your best.
- Where there was a barrier to God's presence.

- How conscious have you been of God's presence and actions in your life?

### When did I love?

- Where did you give genuine love and charity.

### Habits and Life Patterns

- Notice your daily habits are they dragging down your freedom?
- Are specific people causing you to be negative?

### See both the positive and negative.

- Where has Jesus helped you have a positive response to life.
- Maybe you could have accepted more help from Christ.
- Let yourself become more sensitive to God's grace.

### See other forms of God's presence

- You will also notice the signs of God's grace that have come to you.
- Through God's people.
- The Body of Christ.
- Scripture.
- These graces, the intuitions of the things God wishes you to do, will come inside and outside of other regular prayer.

### Reconcile and Resolve.

- Repetition allows us to be more open to God.
- Our heart to heart talk with Jesus is the fruit of this repetition.
- Imagine Jesus sitting beside you.
- Maybe there is something you did wrong—now is the time to tell Jesus you are sorry and ask Him to be with you the next time a similar situation arises.
- Remember all the good things and thank the Lord for being with you when you avoided a wrong choice or resisted an old temptation.
- Feel the sorrow in your heart when you apologise but also the gratitude when you give thanks for God's gentle work inside your heart.
- What are your needs for tomorrow? Ask for God's help and guidance.

