

From *Where God May Be Found*
by L. Patrick Carroll, S.J.

Sit comfortably in a chair.
Imagine yourself seated in front of a small television screen.
You are alone in the room.
The screen is blank.
When you turn on the TV you see yourself seated as you are.
It is as if you are outside yourself,
looking at yourself seated before the screen.
When the picture begins, it moves backwards
over the past twenty-four hours of your life.
You watch slowly, without judging,
just seeing the moments of your day
starting from the present moment,
up to a full day ago.
Remember carefully, in as much detail as you can,
what it was like,...
the people you saw, the meals you ate,
the activities you were engaged in.
Recall even the hours of sleep,...the peace, or lack of it,
your dreams, your mood upon awakening.
Take some time to slowly go over these hours...
again, not judging, just noticing, savoring, relishing, reliving.

God is intimately involved in this day.
The word is enfleshed here, or not at all.

Take a few moments now to pick out just one part of that day...
one conversation, one meal, one experience...
something significant, or problematic...
something delightful or painful.
Any moment, or piece with which you want to spend a few moments.
Go back and recall it as vividly and in as much detail as possible.
Is there anything for which you want to thank God?
Anything for which you are sorry?
Anything in which you want/need to ask for advice or help?
Take some time to do that now.

Is there anything God wants to say to you?
Take a moment, be still, and listen.
Spend about five more minutes just being with that part of your day,
praying in whatever way you are moved to.