



Day 10—Friday 23 February

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your prayer time.

Ask for what you desire. What gift, what grace do you want right now?

- **Read** the passage slowly.
- **Savour** words and phrases
- **Talk** to God in your own words
- **Stay** in silent meditation

If you get distracted, move back to the scripture passage and continue the cycle.

Ezekiel 18:21-23 (NRSVAE)

But if the wicked turn away from all their sins that they have committed and keep all my statutes and do what is lawful and right, they shall surely live; they shall not die.

None of the transgressions that they have committed shall be remembered against them; for the righteousness that they have done they shall live.

Have I any pleasure in the death of the wicked, says the Lord God, and not rather that they should turn from their ways and live?

A Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

At the end of your prayer you can look back and ask: Does it have something to say to you?

How does it make you feel?

Today's Meditation

Making the World a Better Place

Why was I put on this earth?

What does God want of me?

St Ignatius of Loyola says that we are "created to love, reverence and serve God". But how do we do this?

John the Evangelist says we show our love of God by loving others.

We can also show reverence and service of God by showing respect and care for others.

Each person is unique; each one of us is a 'one-off'.

We can offer the world something no one else can.

My Talents

Spend some time reflecting on God's gifts to you.

Consider your own gifts, skills and talents:

Perhaps you are creative, musical, good with your hands or happy. ...notice the small details,

Are you good with figures?

Do you get on well with children?

Are you thorough in what you do?

Are you extravert or introvert?

Do you make friends easily or prefer your own company....

Note down all your talents.

Many people spend much of their life, particularly their early life, lamenting they are not like somebody else.

This is a pointless exercise which may well hide from us what our real talents are.

Its good to concentrate on the positive talents we have.

How have I used my Talents?

Ponder a little on how you have used, how your are using, how you plan to use your talents, to make the world a better place.

Thanksgiving End the meditation by giving thanks to God for the wonder of your being.