

## Praying through this week 28<sup>th</sup> December 2020



We can often be found to be looking back in this last week of the calendar year, reflecting on the past year.

The Examen is a prayer reflection of the day, a framework for reflecting on the day.

Perhaps we can be guided by this, applying it to the year?

Let us still our hearts as we enter into God's presence. After each reflection you may like to pray into what you have heard from God and shared with Him...

- Where were you at the start of the year? Where was God in this?
  - During the year... reflect on things you did and events that happened. Can you see God at work in this?
- And at the end of the year...can you thank God for the year gone by, however, difficult it may have been for you? Are you able to recognise that God is and has been there for you and thank him?
- And a brief look forward to the year ahead...can you ask God to light the path for you, for his continuous presence at your side, before you, behind you, above you and beneath you?

May we carry forth that light into next year with a resolution to spread the light, the good news of Christ in our homes, our Community and in the wider world?

**“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”** Matthew 5:16

Perhaps reflect on what this may look like for you. Trust that God will guide and equip you in your service to him and to others.

Rejoice, a Saviour is born, one who is sent to be a light to the world – thank you Jesus!

Thank you for joining in with this quiet time - Rachel C.

