

# Paying attention as spiritual practice

*From Volunteers Exploring Vocation*

## Scripture reading

The whole earth is at rest and quiet; they break forth into singing.

—*Isaiah 14:7*

## Reflection

This session uses the Examen form of prayer, a practice of noticing the “consolations” and “desolations” of the day, more simply explained as noticing the moments in the day that called you to greater faith and connection to God, or those moments that led you away from hope and faith and love and toward disconnect from God.

**Become aware of God’s presence** ... quietly focus on the world around you and the Spirit of God in you.

**Review the day with gratitude** ... remember and review your day and become aware of God’s gifts to you in this day.

**Notice the moments during your day when you felt most grateful** ... as you review your day, which moment made you feel most grateful? When did you feel closest to God?

**Notice the moments during your day when you felt least grateful** ... what was your biggest frustration or challenge today? When did you feel farthest from God?

**Trust** ... give thanks for God’s faithful and steadfast presence in all the moments of this day. Trust that nothing is lost to the heart of God. Give

yourself into the care of God. Rest in God’s everlasting love and faithfulness.

*Peace is my parting gift to you, my own peace, such as the world cannot give. Set your troubled hearts at rest and banish your fears.*

—John 14:27

## Prayer

We thank you for each moment we encountered in this day—for the people, places, ideas and situations we’ve encountered. We thank you for keeping us safe this day, and remind us that just as you were with us in every moment of this day, you have promised to accompany us in each moment of every tomorrow. Bless this community, and our life in it, and continue to enable us to pay careful attention to your world. Amen.



Photo by Susan Nisly

Helen Tiefenbach paints a picture for the Harwood Art Center art show in Albuquerque, New Mexico.