

Week 7
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY TWO:

REQUEST the presence of Spirit (however you imagine it) to lead you through the review of the day

Reading (Henri Nouwen, The Inner Voice of Love, 1996):

“Do not be afraid to experience sadness or despair. They are not the final word. Beyond your sadness is peace, beyond your despair is hope. What seems like desolation is often the place where you discover that God (the Beloved) has not abandoned you, but is quietly waiting for you to return.”

JOURNAL QUESTION

When I find myself in a place of sadness or desolation, what helps me to trust that God (the Holy One) is still present, quietly waiting for me?

