

Journeying with God

A LENTEN WAY OF PRAYING





1

- ▶ I begin this moment of prayer by remembering that God is with me
- ▶ Always journeying with me
- ▶ My companion on the road

2

- ▶ I spend a few moments thanking God for the blessings of the past week
- ▶ The blessings of family life
- ▶ The blessings of friends
- ▶ The blessings of health and wholeness
- ▶ The blessings of daily food



3

- ▶ I recall the times when I felt joyful and filled with hope
- ▶ I revisit moments where I brought joy and happiness to others
- ▶ I remember moments when I shared hope for the future
- ▶ I give thanks for the energy this brought me and others
- ▶ I become aware of how God was in it all, walking with me

4

- ▶ I recall moments in the week where there was sadness or fear
- ▶ I revisit moments when I brought sadness to others
- ▶ I remember when I was led more by fear than love
- ▶ I ask for the grace to trust God more fully
- ▶ I invite God to help me recognise when I was a cause of sadness
- ▶ I become aware of God, walking with me in these moments too
- ▶ Never absent from me, always journeying with me

5

- ▶ I look forward to the week ahead
- ▶ I ask God to give me the grace of remembering his constant presence to me
- ▶ Journeying with me at all times
- ▶ In my joys
- ▶ In my sorrows
- ▶ In my hopes
- ▶ In my fears





6

- ▶ I end my time with God, with a grateful heart
- ▶ I finish this time of prayer by saying
- ▶ Glory be to the Father
- ▶ And to the Son
- ▶ And to the Holy Spirit
- ▶ As it was in the beginning
- ▶ Is now and ever shall be
- ▶ World without end.
- ▶ AMEN.