

5. Next time I will...

I end this prayer time in a short conversation with Jesus. We talk together as friends about what I have just experienced and how I can move forward.



I resolve to:

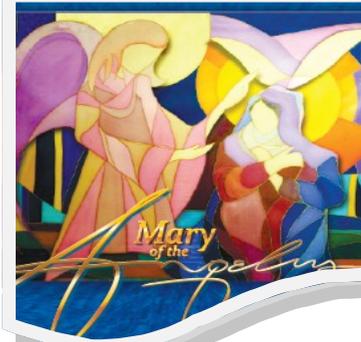
- Be generous with my Family, Friends, Parish and Workplace
- See a counselor, Spiritual Director or the Priest
- To receive the sacrament of Healing monthly
- To receive the Sacrament of Reconciliation regularly
- Work with the Spirit to make one small act of reconciliation
- Take my wounds and hurts to a healing prayer
-

Wait and Listen to what Jesus tells you to do and resolve to carry It through with him.

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Praying the Angelus Way

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Angelus Examin

*Praying the Angelus
Way*

The Angelus Examin provides us with a way to review our daily activity. To see how God's word has been present in our relationship with God and others.

Mary pondered on the word of God to help deepen her knowledge and understand about Gods love.

The Angelus Way enlightens Us to understand our prayer mission and the areas of our lives that need to change.

The Angelus Examin Presents a series of questions for reflection and to review the movement of the Holy Spirit and God's Presence in our daily activities.

The five steps encourage us to acknowledge God's healing touch of Love and to discern negative feelings or thoughts that may identify unhealed areas in our lives.

Angelus Examin

1. **Thank you God**
2. **Ask for Help**
3. **Looking at my Day**
4. **I'm Sorry God**
5. **Next time I will...**

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1. Thank you God

I live in the endless grace of God's gifts to me. Have I given thanks to God for his gifts and graces to-day?

I quietly pause and reflect on the gifts given to me. The ability to walk, see, hear, experience joy hope faith love and family.

Giving thanks to God with a grateful heart extends my heart for God to bless me with even more gifts and graces.

The first question prepares me to recognise the Holy Spirit's movements and presence during my daily activities. It helps me to acknowledge his gifts and graces given to me. Give thanks with a grateful heart.

Thank you GodThank you God.....Thank you God

2. Ask for Help.....

I surrender all that I know and think and ask the Holy Spirit to help me in my daily review.

The Holy Spirit—the Advocate is alive and active. In this great South Land of the Holy Spirit we pray for the Spirit to intercede for me to teach me, to guide me and to and enlighten me.

3. Looking at my Day

We look at our day's activities trying to become aware of our deeds and actions of kindness, concern, care and prayers that expressed Christ's healing love and grace to others.

With reverence I review my day:

I recall what I have said and thought.

What activities I have been involved with today.

The people I have encountered did I touch them or did they touch me?

Was I generous with my kindness, love, joy and respect?

In my hectic lifestyles was I busy trying to fulfill all the needs and desires of my hearts and the requests of others that I failed to see and hear God in the midst of the noise.

4. I'm Sorry God

I ask for God's healing love and I invite Jesus into my review of my day, into my actions and talk to him about my *negative thoughts, feelings, words and actions that happened during the day.*

This failing or negativity can flow from the effects of sin or the unhealed hurts of our lives. Reflection can help us to understand and name some of our feelings, fears or abusive thoughts that heighten our negativity. Avoidance practices such as painkillers, alcohol, food, TV, tranquilizers, mall shopping, conversation, chitchat, busyness, sleep and other ways that we have adopted to avoid acknowledging the pain.

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