

# Finding God In The Events Of Your Own Life

Drawn from the work of John Veltri.SJ

In this method, we allow Jesus to enter into some remembered past event of our own life. Our experience unites with the experience of Jesus and in this process we are led to greater self- acceptance, healing, and gratitude. Here is a way you can approach this method of prayer:

1. Decide on the one event on which you would like to focus.
2. Settle into a prayerful mode.
3. Remember the details of the experience you had at the time.

... *WATCH ... LISTEN ... FEEL ...*

4. Now relive it through your imagination.

How was Jesus present (or absent) to you during this event?

What were your feelings then about this?

If this event was a happy experience for you, simply express these feelings to God or to Jesus:

- \* Tell Jesus how this event made you feel.
- \* Dialogue with Jesus.
- \* End with an appropriate response.

If this event was an unhappy one where you need healing, after Step C above, imagine Jesus entering the event:

- \* Walk back with Jesus into this recollection.
- \* Imaginatively reconstruct what would happen if Jesus were perceived as present then.
- \* Dialogue with Jesus about your reactions; thank him for his healing love as you walk out of the recollection with him.

5. After you have completed this exercise, reflect upon what happened in your heart.