MOVEMENT TWO: RECOGNIZING THE INCARNATION PRINCIPLE IN OUR LIVES | POINTS FOR PRAYER

Take what is helpful, leave what is not: go where your prayer takes you.

1. Call to mind one of your core gifts: an essential goodness that makes you who you are. Contemplate this aspect of your being.

2. Recall a specific time you used this core gift. Use your five senses to bring it to life as if it is happening in the present moment. Peer closely: What happened? What did you experience—in your body, your heart, your spirit? What was the fruit of this experience and who was uplifted by it? Ask God to show you what God desires you to see and understand about this experience. Spend more time listening than speaking.

3. Spend time in gratitude to God. For example, thank God for any goodness that you experienced in this prayer session; thank God for giving you the gift of who you are; thank God for the gift of life itself. Once you thank God, allow God the opportunity to respond. Spend more time listening and receiving than speaking.

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