

FINDING GOD IN YOUR SINS

Prayer method

1. Prelude to the Prayer:

- Be still. God is here, even in your sins.
- God is near. He is seeking to enter into your life.
- Ponder in your heart the following passages (*Take your time. No hurry!*).
 - “You sought me when I was fleeing from you.” (St Augustine)
 - “God is in Christ reconciling the world to himself”;
 - “Where sin abounded, grace abounded the more”
 - “Has any one condemned you? No, Lord! Neither I do. Go in peace, but sin no more!”

2. Call to Mind (*Take your time. No hurry!*).

- A real sin or an evil habit of yours which has isolated you from God;
over which you are smarting.
- Feel the disturbance and disgust caused by it.
- Take time becoming conscious of your sin and the harm caused by it in your relationship with God and with others.
- Realize how enslaved you are by it
- Long to be free!.

3. Now Dialogue With God.

- Avoid blaming others; avoid excuses Avoid flogging yourself
- Yet, Accept full responsibly for your sins and bad habits. No excuses, please!
- Ponder of the story of the Prodigal Son: Think of the Prodigal
- Then, say to God: **“Father, I have sinned against you”**
- Let the words of Jesus keep ringing in your heart
- **Let us celebrate and be happy...you were lost and now you are found...**
`you were dead but now alive!
- Close your exercise by mindfully and emphatically, saying to God
 - Father, not because I have sinned I love you less!

- You know everything...you know that I love you!
- Lord, I also do believe it in my very bones that in spite my sin, you love me all the same!

N.B. Do this exercise for a few days, 10 minutes each day, calling to mind a different situation each day. You will come out of this exercise a humbler person, and a more loving child of God..