

The exercise is on the next page.

This is done intentionally so that you will
not read ahead and anticipate your response.

It is natural for our minds to move into the exercise as we read through it,
but our minds will naturally begin working on the exercise also.

Any Spiritual Exercises work best if
you wait until you are ready to begin, before you actually begin.

Print the exercise out and place it someplace safe.
Wait until you've set the time aside to actually enter into the exercise.

Don't read ahead, and don't anticipate.

When you are ready to begin, quiet all distractions,
and start your timer for a full hour.

You've made time for internal work, make the best of this time.

Reflective Exercise — *a Prayer for Peace Within*

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received,
and pass on the love that has been given to you.

May you be content knowing that you are a child of God.

Let this presence settle into your bones,
and allow your soul the freedom to sing, dance, praise and love.

Below you will find this prayer set into a line-by-line grid. Take a few minutes to reflectively pray this prayer, then spend some time with each line. Following the column headings; write out a general meaning of the line. Then go a step further and reflect on how each issue might have a personally meaning for you, today.

As with any spiritual exercise you should begin in prayer, asking God to direct you in this discovery.

	<i>General Meaning</i>	<i>Personal Meaning</i>
May today there be peace within.		
May you trust God that you are exactly where you are meant to be.		
May you not forget the infinite possibilities that are born of faith.		
May you use those gifts that you have received,		
... and pass on the love that has been given to you.		

May you be content knowing that you are a child of God.		
Let this presence settle into your bones,		
and allow your soul the freedom to sing,		
to dance ...		
to praise ...		
to love ...		

Once you have completed this grid, read back over your reflections and circle any things that stand out to you. Spend some time in prayer thinking on the words that particularly stand out to you. Where do they touch your life today? Make notes on your thoughts here or in your journal: