

LET THE GAMES BEGIN

...OLYMPIC TRAINING FOR THE LIFE OF FAITH

August 9 - Running with Perseverance

Pace yourself. What God invites us to do is to live a life of praise, and thanksgiving, to keep our focus on love. Every time we set the pace, we help those who are 'running' with us.

Spiritual discipline: Daily examen in St Ignatian style

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Reflect on the **breakthrough prayer** and notice where or when or whom God seems to be using to reveal a 'breakthrough.'