



'SEE' Reflection

God is present in, and working through, the ordinary experiences of our everyday lives. We must learn how to discover God in those experiences. For most of us, most of the time, we are too busy; our environment is too noisy, and we are distracted. Silence is rare. Focus is difficult. Awareness and discernment are at a premium. **'SEE' is an intentional practice to bring more awareness of God's action in our life, which is His grace.**

- 1) Get yourself into a comfortable position (sitting upright with hands on your knees, feet flat on the floor), and close your eyes.
- 2) Recall that you are in God's presence. Invite the Holy Spirit to guide you as you review the events of your day.
- 3) Walk through the events of the day, a bit like watching the day in fast forward. What happened in the morning? [*Pause*] What happened in the afternoon? [*Pause*] What happened in the evening? Try to recall both the experiences of the day and your responses to the day (your inner responses and your external responses).
- 4) Pay attention to where God was at work and speaking but you did not notice 'in the moment'.

*God, what were you doing when this _____ was taking place?
God, what were you saying to me about _____ but I missed it in the moment?*

- 5) End with a prayer of gratitude to be more aware of God's presence and his activity.

When we take time, when we pause to look back we position ourselves to be more aware of where God is already at work in our own life, in the lives of those around us (including those people who don't yet know Christ), and in our world.

Why practice 'SEE'? Because where we live, where we work or study, the family and community that God has placed us in is not a mistake, it's not random. God has placed us in these environments for His purpose: to reveal His Kingdom.

[Access an MP3 audio version HERE.](#)