

Practice: Naming a Moment of Freedom

Memories of spiritual freedom bring us a special grace and serve an important role in discernment. They give us points of comparison for other memories: do these other memories also bring us spiritual freedom? This exercise guides you in remembering and reexperiencing a time of particular spiritual freedom.

1. Begin, as always, by preparing your body for relaxed attentiveness, and also gathering your concerns and then letting go of them for the duration of this time of prayer.
2. When you are sufficiently quiet, inside and outside, ask God for the grace you desire: to remember and reexperience a moment in which God was clearly present to you.
3. Allow such an encounter with Holy Mystery to surface, waiting for it without anxiety and with anticipation. If other kinds of memories surface, set them aside.
4. When a memory of an experience of God does come, recall the experience in detail. What was the quality of the freedom you experienced then? Reexperience that freedom now. Record it in your journal.
5. If possible, find a time to relate this experience and the quality of freedom to another person: a friend, spouse, pastor, or spiritual director, for example.
6. Give thanks to God for the grace God gave you at that moment..