

Part 30: Now Choose Life

Spend a few minutes in silent centering prayer of desire and commitment.

Spend the next 15 minutes reflecting on this past week's experience and response to the 'Principle and Foundation' and with it read also Deuteronomy 30:11–20.

- What is God saying about your life now?
- What course does God suggest setting for your life?
- How is it different from your present experience?

As you dwell on this in the silence, dialogue with God, asking for the grace to see more clearly the direction in which you are moving and how God feels about it. Write down anything you feel God may be saying.

Journal for 5 minutes then spend the rest of the meeting sharing your reflections with the group. You may ask for feedback on some of the issues to compare points of view, but don't ask for answers to any questions. Live with the questions and befriend them. It is they that will open you to the mystery and leading of God in your life.

Remember not to get stuck in your head, where idealistic thoughts and resolutions to change will sound so satisfying; rather question your heart and stomach and find there your daily LIVED experience. Let God speak and touch you there.

At home

What moves me in my choices each day? Reflect on Deuteronomy 30:11–20. Question the way you spend your time each day and see how this relates to God's call for your life. If it does not, consider the purpose of the time given to you.



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