

Noticing

This practice is based on a simple spiritual tool developed by St Ignatius of Loyola. It is about noticing apparently small and insignificant details of life and realising that they are signs pointing to personal, spiritual and community truth.

You are invited to notice times of consolation, when you feel energised, alive and full of life and possibility, as well as times of desolation, when you feel empty, drained, hopeless and lacking in energy and vitality. Open your hand. Start by touching your thumb, and then touch each finger in turn.

2. Where is God?

This is the index or pointing finger. It asks the question 'Where?' Withdraw a little from the busyness of the day. Take time to step into the stillness. Where did you find goodness? Christians believe God is the source of everything good.

1. What has been good?

A thumbs-up denotes what is good. What do you have to be grateful for? Think about where you have been blessed. You can thank God for those moments.

3. What has stood out?

The tallest finger stands out. What has stood out in your day? Rewind the day, calling to mind the people you have met, the situations you encountered. If you were to write the newspaper headline for today, what would it be?

4. Where have you been at your weakest?

The fourth finger is the weakest finger. What might you have done differently today? Where have you not lived up to your commitments to yourself, to others, the world, or God? Where might you have hurt others and failed to notice at the time? Say or pray 'sorry'. You can ask for God's help.

5. What little change can you make?

The little finger provides balance when writing, typing, or holding a cup. Is there anything in your life which is out of balance and needs adjusting? What small change could you make to rebalance your life and the world around you?

