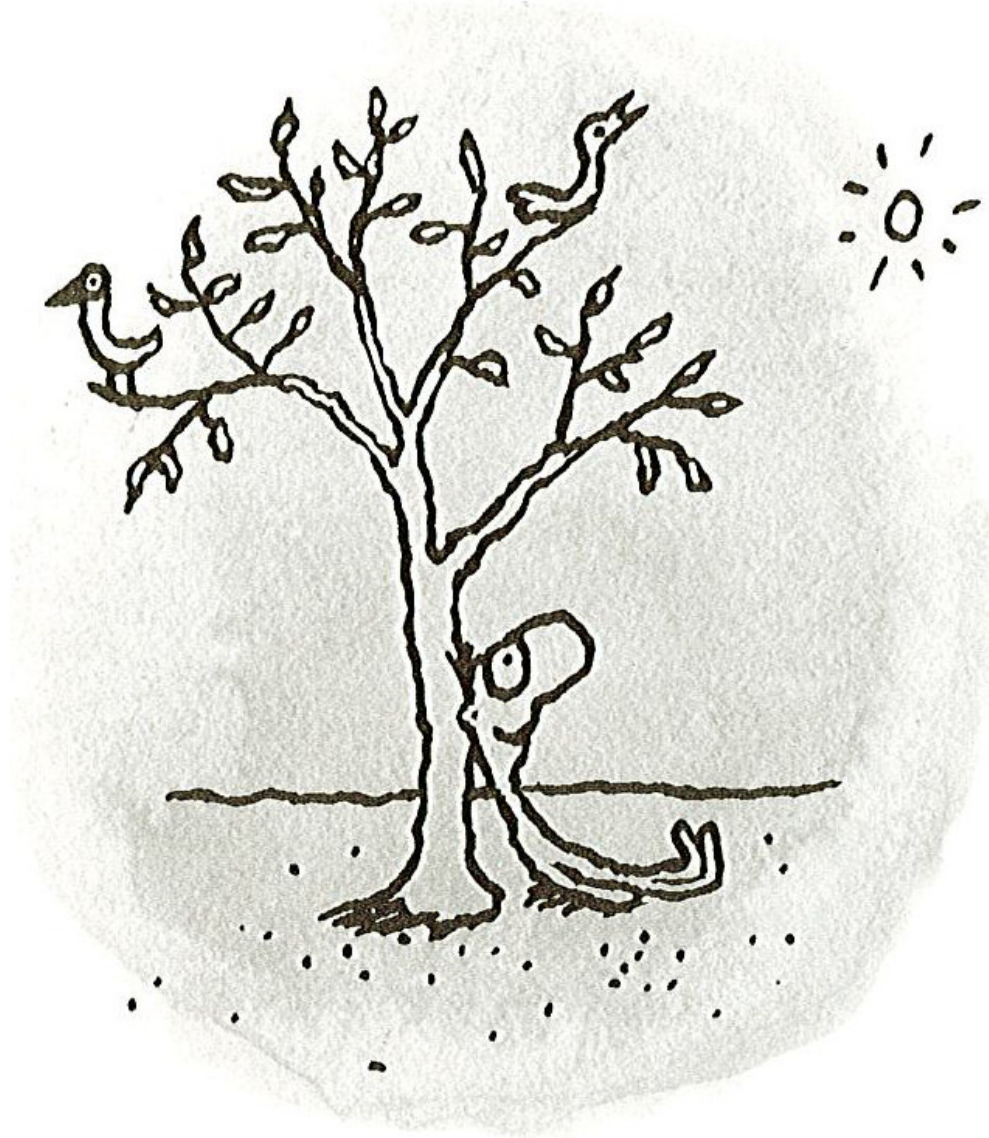


The Everyday Retreat

Week 4 – Distraction



Lewis

13th – 19th July

Distraction

Who hasn't had them? We all have thoughts in our prayer, entering into our imagination, that seem irrelevant. We should not be overly concerned or worried about them. Simply turn aside from them and return, gently but firmly, to your contemplation.

Nevertheless, if a certain distraction is persistent, then it is worth while to take note of it, for perhaps it is the result of God's stirring, with that Gospel text, in the depth of our heart. What I have found helpful is to make a note of that distraction, on a piece of paper, putting it aside and saying that I will deal with it later. What is most important is that we do deal with it later. If God is working in our depths, then it would not at all be surprising if there is not some unresolved inner block that is struggling to surface and which needs to be healed.

In fact, if the distraction is really persistent, then it would be good to face it within the context of the Scripture passage.

(Thanks to Vince Hurley, SJ)

Prayer

In the dark times

When I'm down and helpless
When lies are reigning
When fear and indifference are growing
May your kingdom come.

When joy is missing
When love is missing
And unbelief is growing
May your kingdom come.

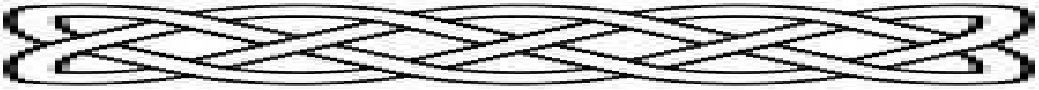
To the sick and lonely
To the imprisoned and tortured
May your kingdom come.

Into our hearts
Into our hands, into our eyes
May our kingdom come. Soon!

Traditional Czech prayer

God bless the lost, the confused,
The unsure, the bewildered, the puzzled,
The mystified, the baffled, and the
perplexed.

Leunig



Luke 7:36-50

Habakuk 3:17-19

2 Samuel 11: 2-12:15

Psalms 139:1-12

Jeremiah 31:1-9

