

# How to Develop a Sacramental Imagination

## 1. Expect the Unexpected

At the beginning of each day (week, month, year) pause to anticipate how you might encounter God's presence and grace this day.

In place of the traditional "Morning Offering" in which you offer yourself *to God*, be aware of how God is offering God's Self *to you*. Pray to recognize and accept the gift of God's presence and grace. (An appropriate prayer would be Mary's prayer, the *Magnificat*, found in Luke 1:46-55.)

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## 2. Notice the Unexpected.

Be alert throughout the day for those special moments -- the people, events, feelings and thoughts which reveal God's presence and grace in the midst of everyday life.

*Pay attention to what made you smile ... frown ... laugh ... cry ... get angry ... or be thankful.*

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## 3. Seek the Unexpected

Explore the important people, events, feelings or thoughts of the day which do not seem, on the surface, to reveal anything about God's presence or grace. Perhaps on closer inspection they will reveal something important and unexpected. *Ask yourself: What might I discover here about the world, life, God or myself? What might I discover here about belonging ... forgivingness ... community ... hope ... love ... order ... spirit?*

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### 4. Appreciate the Unexpected

Take a few moments whenever time allows during the busyness of the day to appreciate the ways in which you have recognized and experienced God's presence and grace. Relax and enjoy (the traditional work for this is *contemplate*) the wonder, generosity, joy and love which lies behind it all.

### 5. Give thanks for the Unexpected

At the end of the day take a few minutes to remember and give thanks.

- Quiet yourself; become aware of God's presence.
- Ask for the grace to see the day as God saw it.
- Review the events and experiences of the day.
- Conclude with words of gratitude (and, if necessary, repentance). *The Lord's Prayer* or Simeon's prayer in Luke 2.29-32 would be appropriate formal prayers.

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### Simeon's Prayer

*Now, Master, let your servant go in peace,  
My eyes have seen your salvation  
prepared in sight of all the peoples,  
a light for revelation to the Gentiles  
and glory for your people Israel.*