

Patient Trust

Above all, trust in the slow work of God

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages,

We are impatient of being on the way to do something unknown, something new.

And yet it is the law of all progress that it is made by passing through some stages of instability—and that it may take a very long time.

And so I think it is with you. Your ideas mature gradually—let them grow, let them shape themselves, without undue haste.

Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be.

Give our Lord the benefit of believing that his hand is leading you,

and accept the anxiety of feeling yourself in suspense and incomplete.

Mindfulness Walk

(Also known as sabbath walk, parable walk, or listening walk)

As you walk or sit outdoors, try to hold your thoughts lightly. You might clear your mind, or turn your attention outward with all of your senses. Feel free to move slowly, or stop. The main task is to open yourself, and to Notice, to savor. As you walk or sit, you might ask one or more of these questions:

What wants my attention right now?

Where might Spirit be moving?

What is being evoked in me, physically or emotionally?

If something does catch your attention, spend time simply being. Accept what is offered. Interact, listen.

After your time of deep listening and contemplation, you might reflect in your journal about what you experienced; closely describe what you encounter; or use an image as a prompt for free-writing.