

A St Barnabas Rule

Morning: Intention

The night has now passed
and the new day lies open before us

*Take some time to breathe deeply and slowly. With
your focus on your breathing,
gather yourself to yourself in the presence of God.*

Only then ask yourself these 3 questions:

*How am I feeling right now?
How am I anticipating the day ahead?
What will help me make the most of today?*

Then pray:

Father of all,
We thank you for the gift of today.

By the working of your grace
increase our capacity for generosity
and grow in us a resistance
to that which shrinks our hearts.

In the light of your truth
deepen our desire to live with integrity
and develop in us an awareness
of all that we avoid.

Through the obligations
and the opportunities
of the day to come,
help us to see how we can
grace the lives of others
and be truthful to ourselves
in all that we do.

God of today,
We offer our selves to you:
the words of our mouths
the meditations of our hearts
and the impulses of our bodies.

Imitators of Christ,
filled with his Spirit,
may we not be less than we are today

+In the name of the Father,
the Son and the Holy Spirit.
Amen.

Night: Examen

The day has passed
and the night-time hours now beckon us rest.

*Take some time to breathe deeply and slowly,
gathering yourself to yourself in the presence of God.*

Only then ask yourself these 3 questions

*How and when did I embrace generosity today...
... and what opportunities did I avoid, resist or miss?*

*How and when did I embrace integrity today...
... and what opportunities did I avoid, resist or miss?*

*When did I appreciate the generosity and integrity of
others today?*

Father of all
You know the successes
and the struggles of today.

And we know that you know
the mixture of motivations
which are always at work in our hearts.

As we ask to learn the integrity
of truthful self-reflection
so we also ask to grow in the grace
of generous self-acceptance.

We trust that you are more willing
to embrace us as we really are
than we are ever ready
to embrace ourselves as fully.

Grateful for the gift of sleep,
for your reliable generosity
and your loving integrity,
God of tomorrow
we leave our today with you, tonight.

Resting in Christ,
restored by his Spirit,
In peace, we will lie down and sleep.

+In the name of the Father,
the Son and the Holy Spirit.
Amen.