

A Salesian Method for Placing Oneself in the Presence of God

1. Relax as completely as possible. Remain this way for a few moments.
2. Then, be gently attentive to myself.
I am breathing; my heart is beating.
I can feel the presence of my fingers, my feet, etc.
3. Now that I am attentive to myself, I begin thinking about the following:
 - a. God, in creating all things, speaks; he pronounces a word, his word.
 - b. Everything continues in its existence according to this word of God and by his divine power. Things only continue to exist because they are supported by this word which never ceases.
 - c. In creating me, God pronounces me.
I am a "word pronounced" by God, according to his idea, his desire.
 - d. When I am attentive to myself, what I am experiencing is a word that God is pronouncing.
 - e. God is always present in and through his pronounced word.
4. As I think about myself, I perceive myself as at a distance and as this word of divine love that continues to be pronounced in each instant of my life.
5. How are these words touching my heart? Do I find a word from God in them? Let me spend a few minutes dialoguing with God about my experience of these words.
6. Consider also that Jesus is the Word of God become flesh.
I have been created for him. I am **SOMEONE** created **FOR** Jesus.
7. Each time I think about myself, I am for myself a sign of the presence of God and a sign of his love for me.

(developed by Rev. William Gallagher, OSFS, according to the **Introduction to the Devout Life** of St. Francis de Sales)

May God be praised!