

Julian of Norwich

40 Day Journey

Notes for
Participants and
Suggestions for
Prayer

Dwelling longer

3rd Wednesday of the month
beginning 21st September 2022
3.30–5.00pm UK time.

TRAVELLING MORE SLOWLY,
TAKING MORE TIME

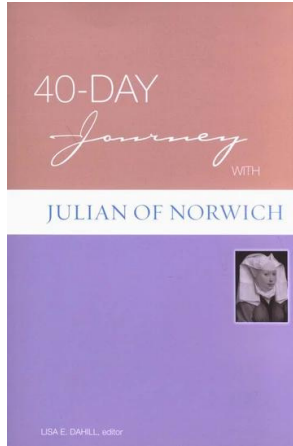


Notes for Participants

Just as in any journey, we start from where we are, and we finish at our destination. With this in mind, it is important to remember as we set out on this journey into God, with Julian as our guide, that we pray as we can, and not as we can't. There is no competition here, we and God know the context of our lives and what is possible. Our journey, just like our relationship with God, is unique. By being here, by setting out on this pilgrimage, we are expressing a desire to go more deeply into God, and as Julian tells us, it is God's delight to dwell in us. As we would with any journey we are about to embark on, we would make some preparations. So too here. Below are some helpful suggestions that might inspire suitable adjustments to make our situation conducive to engaging in this journey.

1. Read the material for the following day just before you go to bed.
2. Allocate a space, a prayer corner, where you go to pray.
3. Allocate a time or times when you pray with the material for the journey.
4. Allocate a time for journaling.
5. Have around any images, music or poetry that come to mind when praying with the material for the journey.
6. If you are unable to find the time on any particular day of the journey, try to at least read the material, and write on a notelet any word/phrase/sentence that strikes you. Carry it with you during the day and ponder it in quiet moments.

The structure of each Day in the 40 Day Journey consists of:



1. An extract from Revelations of Divine Love.
2. Biblical wisdom
3. Silence for meditation
4. Questions to Ponder
5. Psalm Fragment
6. Journal Reflections
7. Prayers of Hope and Healing
8. Prayer for today.

The underlying pattern of the material is of call and response: the reading from Revelations of Divine love and the related biblical response being suggestive to God's call to us, and the psalm fragment and prayers being suggestive of our response to God's call. The questions and reflections invite us into a deeper understanding of our conversation with God in prayer and in how it relates to our own faith story and the context of our lives.

Possible Weekly Structures for Dwelling Longer

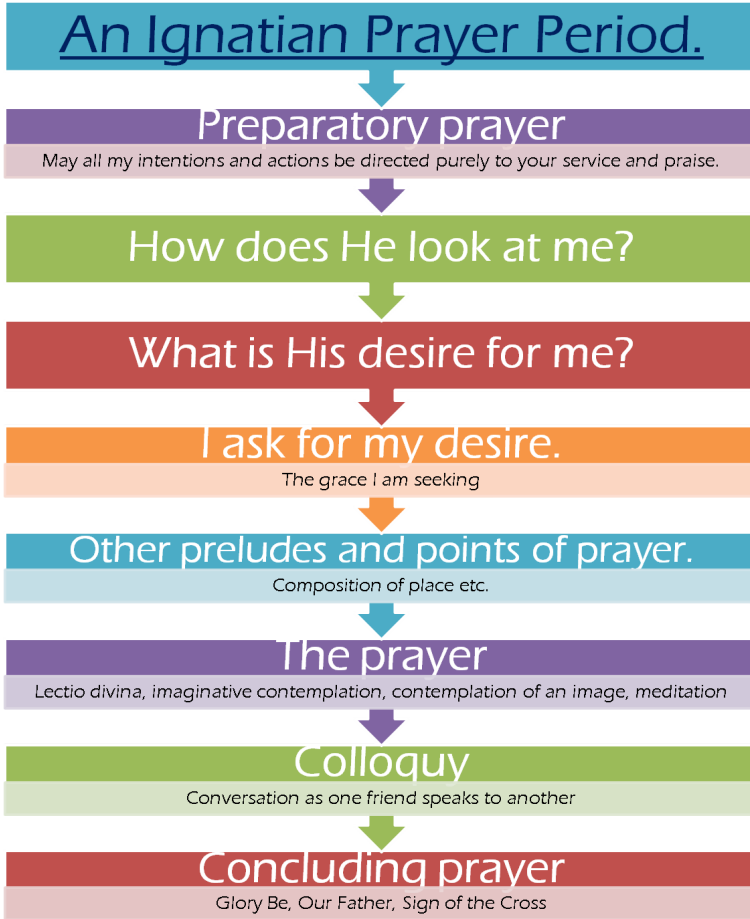
The suggestion is to structure each day in the context of how you live. You might divide the material into 2, 3 or even 4 prayer sessions, choosing to spend the first two with the material and a third or fourth praying more deeply with what struck you from those, or you may pray with all the material to begin with and deepen your prayer with what caught you in another prayer session later. You may find that you are only able to devote a lengthy prayer session a few times a week and only a few minutes daily. It is to find what works for you in your own context and in what you feel drawn or called to do. It is God who calls us and knows what is appropriate for us where we are at now.

How many sessions per week	Suggestions
1	Guided prayer for the day.
2	Guided prayer for the day & 1st Repetition
3	2x material: Revelation for the day, Scripture. 1st repetition
4	2x material: Revelation for the day, Scripture. 1st repetition, 2nd repetition.
5	3x material: Revelation for the day, Scripture biblical wisdom, (ii) psalm fragment. 1st repetition, 2nd repetition

NB: These are only suggestions. You might feel drawn to stay with some material for longer and miss out something, or you may be drawn to some music or an image that comes to you during prayer. The point is to listen to God's invitation and to dwell in it, not tick off prayer session boxes.

Suggested Structure of a Prayer Period

This prayer structure as followed in the Audio Guided Prayers



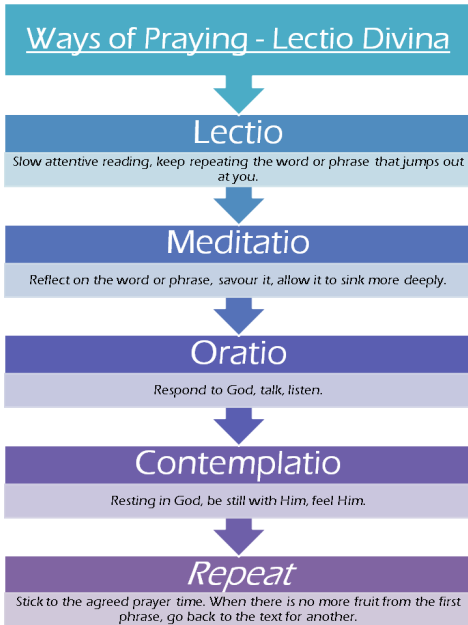
Guided prayers are available on the Podcast Channel:

Sunflower Seed Spirituality

or on the website:

www.sunflowerseedspirituality.com

Ways of Praying



Ways of Praying – Imaginative Contemplation

Preludes

- History.
- Composition of place.

Points of prayer

- See the persons – imagine myself in the scene.
- Hear what the persons are saying.
- See and consider what the persons are doing.

Interact, reflect,

- Draw spiritual fruit from what I have seen.

Colloquy

- Conversation as one friend speaks to another.

Ways of Praying – Using images	
1	What do you see?
2	Where do you feel most invited to stop/dwell? Where do you feel least invited to stop/dwell? Where do you feel comfortable? Where do you feel uncomfortable?
3	Position yourself in the picture.
4	What happens as you contemplate the image? How do you feel? What inner images does it evoke?
5	Name the painting.
6	Give it a feeling word. Does any scripture, poetry, music come to mind?
7	Share with God how the picture is affecting you.
8	How does He see the painting? How does He see you as you see the painting?
9	Colloquy.
10	Talk to God about this experience. As one friend speaks to another

The Examen

Gratitude

Thank You for all the gifts in my life, for everything I have received today.

Grace

Shine Your light on my day, help me to see it through Your eyes.

Account

Where were you today?
How and where did I turn away from You?

Pardon

Please forgive me for turning away at these moments.

Resolve to amend

Who do You want me to be tomorrow?

Review of Prayer

When you have finished your prayer period, mark the transition to review by getting up and finding a suitable place to spend 15 minutes reflecting and making some notes.

As you begin the review, ask God to bring to your mind and heart what it would be useful for you to notice.

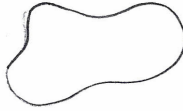
Suggested questions you might ask yourself:

- What happened inside you during the prayer?
- How did you feel about what went on?
- How would you describe the prayer?
- What word, colour or image would you use?
- What was your mood, change in mood...what feelings flowed through you?
- Was the prayer easy or difficult? Were you fully engaged or a bit bored and distracted?
- What thoughts came in and out of your mind...where were you drawn to dwell?
- What gave you energy or sapped your energy?
- How were God and you present or absent to each other?
- Did you receive the grace you were seeking?
- Did you grow in faith, hope or love?
- In your conversation with God, what did you say?
How did God respond?
- Is there any point calling you to return to it in your next prayer? It might be because it was the strong focus of your prayer, strongly or negatively.

It can be helpful to keep a few notes of the main points that come out of your review. The notes can form the basis of your conversation with your spiritual director and in the zoom meetings, but they are also an invaluable tool for discernment.

Praying in Colour as a Means of Review

1. **Draw a shape on the page** – a triangle, trapezoid, squiggly line, or imperfect circle.



2. **Write a word in or near the shape** – the person you are praying for, word or phrase from scripture, a name for God, a feeling word that came up in your prayer...



3. **Add detail to the drawing.** This might be dots, lines, circles, zigzags, or whatever your hand wants to do.



4. **Continue to enhance the drawing.** Think of each stroke and each moment as time that you spend with that person or word or phrase or God in prayer.



5. **Keep drawing until the image feels finished.**

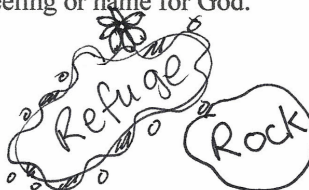


6. **Add colour to the picture.** Choose colours that will stay in your memory, that you particularly like, or that remind you of what you are praying about.



7. When the drawing and praying for the first person, word, phrase, feeling or name for God are completed, move onto another space on the page.

Draw a new shape or design to create a place for the name of another person, word, phrase, feeling or name for God.



8. Repeat the process of drawing as many times as you feel moved to.

9. **Linger with the page in front of you.** Let the names, images and colours imprint themselves on your brain. Spend another moment with each one on silence and close with an “Amen”.

10. **Carry the page with you,** place it open on your prayer spot or on the fridge: someplace where your eyes will scan it during the day.



Repetition

Why repetition?

So that I can LISTEN more attentively to God.

Repetition is not:

- Repeating the material for prayer as I might repeat a school exercise in order to understand it better; or practising a tennis shot to "get it right".
- Returning to the same text to burrow around in it in order to get some new light on it.
- Returning to all of the material of the last period of prayer.

Repetition is:

Returning to those point where I have felt greater consolation, desolation or greater spiritual feeling.



Prayer



1st Repetition



2nd Repetition

Repetition helps me to listen more carefully to God's communication with me by:

- allowing interior spiritual movements to take place.
- helping me to notice interior movements.

Many of our interior reactions at prayer happen without our noticing them. Repetition gives time for these reactions to be experienced more distinctly and more deeply.