



# REFLECTION

## *Saturday*

Ask the Lord to remind you of the week's experiences. Reflect on what has come to you. Trust your experience. Look through your notes. Go back to the experience of the week that stands out to you. Read through the meditation and exercise again. Talk to God about your experience.

1. Where did I experience God's presence?

2. How did connection with myself, with others and with the Holy Spirit deepen this week?

3. Share your experiences with the Lord. You can also share it with a spiritual conversation partner or on our Facebook page.