

## What would you put in your Suitcase of Life?



### **Part 1**

If you had to fill a suitcase of all the things that represent you and your life, what would you put in it?

Maybe a picture of your family, a hobby that you like to do, your favourite book, a soft toy you've had since you were a baby.

Explain why you have included each thing.

Be as creative as possible in the way you

present your suitcase, e.g. a painting, a picture, a shoe box filled with objects – but remember **DON'T INCLUDE ANYTHING PRECIOUS THAT YOU WOULD BE UPSET IF YOU LOST.**

One of the ways we are asked to prepare ourselves during Lent is to pray and so we will be learning to pray The Examen, a prayer form practised by the Jesuits. The Examen has been described as 'rummaging for God', just as you might rummage through a suitcase full of 'stuff', looking for something you know is there.

In the Examen you don't pray forwards, asking for things to come, you pray backwards, thinking about your day and where God has been. You 'rummage' though all that you have done; the people you have met and spoken to, the things you have thought and felt, the places you have been and the things you have done...and you notice where God has been!

Your prayer, therefore, is one of thanks and appreciation!

### **Part 2**

Write a prayer to say thank you for everything that you have put in your suitcase. Use the points below to help you.

#### **Greet God!**

What could you call God?

A formal title such as 'Almighty God' or 'Our Father' or 'God of Compassion' or 'Lord'

An informal title such as 'Loving God', 'God who is with us', 'Be-Friending God'

#### **What do you want to say thanks for?**

Briefly describe what you have noticed to focus on in your prayer...

Say thanks! What do the things in your suitcase represent? How is God present in each of them? For example, if you have included a picture of your favourite meal, you might want to thank God for providing food to nourish you and give you energy and enjoyment.