

ACTION



INTERCESSION

Eucharistic intention: What are you to lay upon the altar and let go of? To trust God's action of blessing and breaking.

or

On your heart: What in the situation are you to hold on your heart before God?

or

An intercession list: Names and concerns on a list; prayed on rotation and/or daily.



CONTEMPLATION

First, as it is in itself. The person, action, circumstance—seek to see it as it is. No judgement brought into the picture

Second, look upon it as God does.