***Seeing God’s Universal Love***

***By Lara Dorger***

*Begin in a comfortable position; focus on breathing; relax muscles.*

**Thanksgiving**

*God loves all creation; imagine the Holy Spirit resting atop of everyone that I’ve encountered today. This is God’s love.*

**Petition**

*I pray for more patience in waiting for the changes I want to see happen now. I pray for greater faith that can strengthen me when I am discouraged.*

**Review**

*Today have I …*

*lived in the present instead of the future?*

*turned to God in my stress?*

*been open to seeing God’s hand at work in my life and others’ lives?*

*meditated on God’s love for me and everyone else?*

**Response**

*I will be open to God’s timing and reflect on God’s presence in my life and others’ lives.*

**A Look Ahead**

*I have moment upon moment to respond to God’s love with love.*