

After the formal prayer period is over I should review what happened during that time - not so much what ideas did I have, but more the movements of consolation, desolation, fear, anxiety, boredom, and so on - perhaps something about my distractions, especially if they were deep or disturbing. Questions like the following may help:

- What went on during the period of prayer?
- What struck me?
- How did I feel about what went on?
- What was my mood, changes in mood?
- What did the Lord show me?
- Is there some point I should return to in my next period of prayer?

During this review I thank God for his favours and ask pardon for my own negligence.

This review is an instrument to help me reflect upon the experience of the prayer period. It helps me notice my interior experiences. Thus it enables me to be spontaneous during the actual prayer time and to go with the flow of experience. If I were to monitor myself during the period of prayer, I would be interfering with the Lord's communication. I let happen what is happening during the prayer time; afterwards I take a look to see what the Lord is saying in all this.

It is helpful during this review to jot down a few reflections that strike me so that I can more easily prepare for my next period of prayer. The Lord may be inviting me to go back to a point where I was moved. St. Ignatius says, "I would remain quietly meditating upon a point UNTIL I have been satisfied" i.e., until the movement has been completed (the insight completed; the struggle resolved; the consolation ended; the meaningfulness finishedfor now.)

Jotting down my reflections during the review is also a help for me to discuss my prayer experience with the spiritual director.

It is also helpful at the end of a prayer period to signalize the difference of this review from the prayer period by some change of place or posture: the activity of review is different from the activity of the prayer period. (The Above materials are taken from an unpublished book *Qrientation* by J. Velli S.J.)

反省禱告 (Review of Prayer)

當正式祈禱時間過去後，我更應該反省一下那段時候究竟經歷了甚麼——不要太著重當時所想到的思緒，而是多去感受當中有否經歷到如慰藉，失落，恐懼，焦慮，沉悶等等的感覺。特別是那些很深或困擾的思念，叫我精神因此未能集中，就加以反省。以下的問題會有所幫助：

- 整個祈禱的過程是怎樣的？
- 有甚麼打動了我？
- 禱告進行時有何感受？
- 我的心情如何？情緒有變化否？
- 神向我顯示了甚麼？
- 當中有那些地方是我應在下一次禱告時間裡再次思索？

在這反省過程中，我要感謝神的恩惠，並懇求祂寬恕我疏忽之處。

這個反省其實是一件工具去協助我回想，思索整個禱告的經驗，同時地它也能助我留意心底的感受。故此，以後每逢是正式的祈禱時間，我就能更加自然的隨著內在感受經驗來禱告了。倘若我在禱告中不斷的鑒察自己，就會防礙了與神的溝通；所以，我該讓正在發生的發生，隨後才看看神究竟在當中向我講了甚麼說話。

在反省的過程中，記下那些特別打動我的思緒，這樣使我更容易地預備下一節的禱告時間了。神可能要邀請我再回到某一處令我感動的地方。正如聖依納爵 (St. Ignatius) 所說：「我應安靜地繼續默想某一個重點「直至」完全滿足為止。」這就是說，直至整個過程完結了 (洞悉真相完成，心靈掙扎得解決，慰藉終止，意義亦全然得著.....)

在反省當中記下一些反思可以用作與屬靈禱伴討論之資料，這種會談也能幫助我成長。

由於反省的禱告與禱告時間是有分別的，所以為要清楚顯明兩者的區別，就可以於禱告完畢時轉換姿勢或地方。