Mindfulness has become a buzz word today, and for good reason. Mindfulness is essentially being fully present and paying attention so you don’t miss anything. A long time ago, St. Ignatius Loyola encouraged prayer-filled mindfulness by praying in such a way that it caused us to stop and be present and pay attention to the work of God in our day. The purpose of this prayer was to detect God’s presence and direction. Here are the basics of his prayer:d

**1. Become aware of God’s presence.** Ask the Holy Spirit to allow you to see the day’s events and look for God’s presence.

**2. Review the day with gratitude.** What gifts did the day bring? Where did you find joy? How was work good? What people showed up and how were they part of your joy? God is in the little things – how was he in your conversations, your relationships, your surroundings?

**3. Pay attention to your emotions.** What were your feelings throughout the day? Process through them – what is God telling you through them? If God shows you ways that he wants you to change write them down. Look even deeper than that – is God revealing a truth to you about an aspect of your life that he wants to change?

**4. Choose one feature of the day and pray from it.** What stands out about your day? Pray and ask God to make you aware of what he believe is important. Look at it and pray about it. It could be praise, intercession,

**5. Look toward tomorrow.** What are you feeling about tomorrow? Turn those feelings into prayer. Ask God to give you light for tomorrow’s challenges.

St. Ignatius encouraged people to talk to Jesus like a friend. Ask forgiveness for your sins. Ask for God’s protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Remember that God can do exceedingly, abundantly more than you can ask or imagine!