Rock & Water Check-In (An adaption of the Ignatian Examen) *(by Rev. Sylvia Miller-Mutia)*

You will need: (1) Pitcher with water, (2) bowl with some rocks, and (3) a candle.

OPENING: Light the candle. Then take a few deep breaths and keep your heart, mind, body & spirit grounded in the present moment. Pause in silence for as long as you need to become aware of God's presence or whatever your source of inspiration and wisdom may be.

1 **STEP 1:** Hold & lift the pitcher of water.

Sacred wisdom reminds us that everyone who is thirsty may drink from the Living Waters - that as we go through the deserts of our lives anyone can drink from the Deep Well. Notice a moment today that quenched your inner thirst: a moment when you perhaps experienced peace, joy, or love – a moment that you are grateful for.

When you are ready, write down what you are grateful for today:

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Take a deep breath & pause for as long as you need.

2 **STEP 2:** Hold and lift the bowl with rocks. Sacred wisdom says that rest will be given to those who are weary, heavy laden and wish to lay their heavy burdens down.

These rocks remind us that we all have things in life that feel hard, or heavy, or rough just like a rock. Notice a moment today that felt hard, heavy, or rough that you need to lay down.

When you are ready, write down a burden that you are carrying today that you want to lay down:

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3 **STEP 3:** Take a deep breath & pause for as long as you need. Then Pour the water into the bowl.

While we carry our heavy burdens, remember that over and around and even through the hard, heavy and rough moments we go through, grace is constantly poured over us.