

**Week Beginning 8th November**  
**– The Gaze – A contemplative prayer**

This hour, O my Saving God, is to behold you, to gaze at you, just to be near you. Today I bring no requests or prayers of any kind except to be blessed by your presence as I adore you. No more will I ask for things, even for the holiest of favours. It is enough to be here – more than enough. I don't know any more how to overcome distractions, resist temptations, avoid sinning. Nor do I know which is the swiftest path to you. From now on it does not matter. My knowledge is misleading. My petitions are unnecessary. If I'm lost in the desert, then so be it. If I'm hot and tired and in a dry place, I continue to trust. You have the calendar, you have the watch, you have the map and you have the overall plan. From now on, may I be drawn by you, not self-driven; beckoned onwards by you, not self-motivated. I am so weary of striving. I believe that you love me. While I wait for what I do not know, I know that you are waiting in me. And now, for this hour, this morning, while I wait, I will gaze on your face.

(Travelling Light p 208)