

# Day 1

“May our Lord increase the days of [your] life for many years, and may he grant you to feel, in this present life, his most holy will and the spiritual strength to fulfil it, so that you do and accomplish that which, at the hour of your death, you will wish to have done.”

*Letter to King John III of Portugal from Malacca in Malaysia  
23<sup>rd</sup> June 1549*

## *Reflection*

- What are the things in my life of which I am most proud?
- Which of these things will I be most pleased to place before God at the close of my life?
- What do I need to do more of, or less of, if I am to present my best self to God my Lord?

## *Prayer*

**Lord,  
each day you give me new life,  
new graces,  
new opportunities to feel your presence.  
Give me the gift of attentiveness  
to notice you in the people  
and your creation  
which surround my life;  
that I may grow in faith,  
and hope,  
and love.  
Amen.**