

Vincent de Paul and the “Rivers of Life”

The following are helpful daily reflections to attune ourselves to the leading of Providence in our daily experience.



The River of Inspiration

Where/when today was I inspired by someone/something? Was it something I observed? Something that was said to me? The presence of another person? Something I read? What was inspired in me? What does it mean for me? The feelings that accompany this are . . .

The River of Surprise

Where/When today was I surprised by someone/something? What was the source of the surprise? Was it a welcome surprise or an unsettling one? The feelings that accompany this experience are . . .

The River of Challenge

Where/when today was I stretched/challenged to see things differently? Did the challenge come from another person? Something I read? A situation I encountered? In the process of prayer? What meaning do I ascribe to this challenge? The feelings that accompany it are . . .

The River of Care

Where/when today was I touched deeply by someone/something? How was I moved by this experience? I would describe the feelings created by this experience as . . .

Regular reflection with the Rivers of Life transforms our awareness. To let our speech take on the character of the Rivers of Life transforms our environment. To notice the “Rivers” in one’s daily experience and to repeat what one has noticed to others brings a life-giving Spirit to the interactions at home, at work and in community.

