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| **Guided Examen** |
| Our fundamental attitude entering into any Examen should be that of gratitude for what has been given to us. “All is gift.” The way of gratitude leads us into a relationship with the God who invites us always into greater and greater depth of living and loving. 1. Ignatius urges us in the Spiritual Exercises to pray for “an intimate knowledge of the many blessings received, that filled with gratitude for all I may in all things love and serve the Divine Majesty.”

What do I want to thank God for today? Who are the people who have been loving to me; or showed me kindness and consideration? What events have there been, or words that have been spoken, that have been life-giving and affirming? How have I been made aware today that I am a loved person?1. Thank God explicitly for what I have received.
2. I now allow that loving God to gaze at me lovingly. What does God see?

How have I been a loving person today, so that those around me can also encounter the world, and me, as a place where they experience love, care, and kindness? Have I created spaces and opportunities for people to have a greater depth of life and love? Have I been an occasion for others to be grateful, for others to know that they are loved?What are the areas of my life, my interaction with others, my key relationships at home and at work, where God is inviting me to grow into a more loving and forgiving person? What are the opportunities that I have to show God’s mercy and compassion, to mirror the God who loves me?1. Knowing of the areas where I need to grow, and especially also the areas where I should be more loving but find it hard, I recall again how God has loved me and given all to me; and I ask God for the desire and the ability to mirror that love.
2. I say the Our Father, which sums up all that I desire from the Examen: a sense of my utter dependence on the Father who gives me my daily bread, forgives me my sins, and delivers me from evil; and also my belief that my prayer will be answered, that all will be given to me, and that in my gratitude I can also forgive others, and cooperate in bringing about the Kingdom of God’s loving kindness.
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