

## **The Examen**

**But we must have eyes to see. And so, God invites us to recognize that which is holy in every moment of our day.**

**In gratitude, we turn to God, asking for the grace to recognize Christ, present, in all things.....**

**God, where did I see you in my home? In my daily chores? In my morning routines? Where did I miss your presence?**

**God, where did I see you on my commute? In the day's comings and goings? Where did I pass by too quickly?**

**God, where did I encounter you in my meals, shared or alone, quick or leisurely? Where was I ungrateful?**

**God, where did I hear you in the media? Where did I see you on my many devices? How did I distinguish your voice from that of the Enemy?**

**God, how did I encounter you in my neighbor? My family, friends and coworkers? When did I fail to love others as you love me?**

**God, guide me in the day ahead.**