

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.