



Examen

Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Delight yourself in the Lord and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noon day sun. Be still before the Lord, and wait patiently for him... (Psalm 37:4-7a)

Preparation:

Put your feet flat on the floor, and take a few deep breaths. As you breathe in, imagine that you are inhaling God's love as you would a pleasant aroma. Feel the sensation of this great Love moving through you. As you exhale, imagine that your breath cooperates with the Holy Spirit so that God's love permeates the space around you. With the Holy Spirit as your guide, you can see your life in light of God's providential care for you.

Examen:

Review the events of your life over the past week. Look for moments of grace. How was grace infused into the words or actions of each memorable event? Rest in gratitude. Receive life again from the memory of each grace-filled moment.

Defining the absence of grace:

When did I feel life draining out of me?

When did I have the least sense of belonging?

Where did I lack any joy or peace?

What was the low point?

Allow the Holy Spirit to search your heart as you recall moments in which you sensed the absence of grace. When were you least able to give and receive love this week? Ask yourself what was said or done in that moment that made it so troublesome. Be with whatever you feel without trying to change or fix it in any way. Take a deep breath and acknowledge God's love for you—warts and all!

Give thanks to God for granting this self-awareness and examination of conscience. Consider where God is calling you to grow in this? Form your prayers of confession, petition, and praise. Accept the gift of God's relentless tenderness.

Defining moments of grace:

When did I **give** and **receive** the most **love** this week?

When did I **feel** most **alive**?

When did I have the greatest **sense of belonging** — to myself, to others, to creation, and to God

What happens when you let go and let God?