

The Examen*

an Ignatian form of prayer for

Deepening Our Consciousness of God

For what moment today am I most grateful?

- When did I give and receive the most love today?
- When did I feel most alive today?
- When today did I have the greatest sense of belonging to myself, others, God and the universe?
- When was I happiest today?
- What was today's high point?
- What was the best part of your day?
- What did you feel good about today?

For what moment today am I least grateful?

- When did I give and receive the least love today?
- When did I most feel life draining out of me?
- When did I have the least sense of belonging?
- When was I saddest today?
- What was today's low point?
- What was the worst part of your day?
- What was your biggest struggle today, or when did you feel sad, helpless or angry?

Falling in Love

*Nothing is more practical than finding God, that is, than falling in Love
in a quite absolute, final way.*

What seizes your imagination, will affect everything.

*It will decide what will get you out of bed in the morning,
what you do with your evenings, how you spend your weekends,
what you read, who you know, what breaks your heart,
and what amazes you with joy and gratitude.*

*Fall in Love, stay in love,
and it will decide everything.*

~attributed to Pedro Arrupe, S.J.

Suggestions for Further Reading

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