

The Lunchtime Examen

A Step by Step method for getting close to and listening to God.

- In the quiet space, ask God to take away the load that you are carrying right now. That's right, just give it to him. Just for a little while. Remember, *His yoke is easy, his burden is light.*

Feeling uneasy? Feeling free yet? Keep going, it gets better from here.

- Ask God for light.

You want to hear what he has to say to you. This isn't about a list you have for God. This is about relationship. Are you feeling the love yet? It's just you and Jesus. He's sitting right next to you. You are not alone.

- Give thanks.

Just look around and start to give thanks. The day you are living is a gift from God. Gratitude. Feel the light pouring into a parched soul. Pure joy!

- Review the morning, yesterday or the last week.

What does the Holy Spirit have to say to you here? Can you say that it was good? Can you say that you learned something? Where is God in this picture?

- Face your shortcomings.

Face up to what is wrong in your life and in you. Humble yourself before God. Nail your pain to the cross. Ask for forgiveness. You might say the Jesus prayer here, 'Jesus Christ, Son of the living God, have mercy on me a sinner.' Repeat it again a couple of times. *Feel the love of Christ. Forgive others. Forgive yourself.*

- Look toward the day to come.

Ask God to be with you in all your comings and goings. What has he called you to be? With Jesus by your side, all things are possible.

Now that you have spent time alone with Jesus, who do you want to talk to him about? What cares and concerns are on your mind? Open your heart and talk to God.

Here in Coniston, we are praying for the village, that together we will live in the light and vision of Christ.

You might need some time for silent meditation here.

Finally, Gathering all your prayers and praises together, say the prayer that Jesus taught us:

Our Father,
who art in heaven.
hallowed be your name.
Your kingdom come.
Your will be done.
On earth as it is in heaven.
Give us this day
our daily bread.
And forgive us our sins,
as we forgive those who sin against us.
And lead us not into temptation
But deliver us from evil.
For thine is the kingdom
and the power
and the glory
Forever. Amen.



the EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1** Ask God for light.
I want to look at my day with God's eyes, not merely my own.
- 2** Give thanks.
The day I have just lived is a gift from God. Be grateful for it.
- 3** Review the day.
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4** Face your shortcomings.
I face up to what is wrong—in my life and in me.
- 5** Look toward the day to come.
I ask where I need God in the day to come.

Version of the Examen from *A Simple, Life-Changing Prayer* by Jim Manney © Loyola Press

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Reflections

Meditation

&

Prayer

St. Andrew's Church Coniston

