

## Magdalene's Musings

<http://magdalenesmusings.blogspot.com/2009/02/praying-our-truth-ash-wednesday.html>

### Examen

We are encouraged to do the examen on a regular basis. Many people do it at night, the last thing before they go to sleep. The idea is to examine a set period of time... one day works well.

Begin by reminding yourself that you are in the presence of God, who is gracious and merciful, slow to anger, and abounding in steadfast love. You are in the presence of God, who calls you "Beloved." If you like candles, light a candle. Take some slow, deep breaths, and close your eyes.

Know that God's Holy Spirit is all around you. When you breathe in, breathe in the Spirit. When you breathe out, let the love of the Spirit fill the room.

The first part of the examen is this: Ask God to bring to your awareness the moment of the day for which you are most grateful.

- ~ If you could relive one moment, which one would it be?
- ~ When were you most able to give and receive love today?
- ~ Ask yourself what was said and done in that moment that made it so good.

Now breathe in the gratitude you felt and receive life again from that moment

The second part of the examen is this: Ask God to bring to your awareness the moment today for which you are least grateful.

- ~ When were you least able to give and receive love?
- ~ Ask yourself what was said and done in that moment that made it so difficult.
- ~ Relive the feelings without trying to change or fix it in any way.

Now take deep breaths and let God's love fill you just as you are.

The third part of the examen is this: Give thanks. Give thanks for God's presence in your life. Give thanks for those moments for which you are most grateful, and even for those moments for which you are least grateful, because God is able to use those moments to help you to grow in faith, hope and love.

That's it. It shouldn't take any longer than 10 or 15 minutes. Most grateful. Least grateful. Thank God. And in that time you will have shared intimately with God the truth of your day, of this tiny slice of your life. And God will have refreshed you and given you a taste of the tender mercies that are available to each of us.