

Examen



With Consolation Question

Thanksgiving

“The First Point is to give thanks to God our Lord for the benefits I have received.”

[St. Ignatius Loyola, The Spiritual Exercises]

Lord, I have nothing that you have not given me. Your gifts fill every moment of my days. So much in my life I have taken for granted. Lord, only the truly poor person can appreciate the slightest gift of your love and feel genuine gratitude. Lead me to that poverty of heart which acknowledges that all is gift. How right it is to give thanks and praise!

Prayer for Enlightenment

“The Second Point is to ask grace to know my sins and rid myself of them.” Also, to know God’s graces

Lord, God, without you I can do nothing. Send your Spirit into my heart that I might see myself as you see me. Make me eager for growth in your Spirit, sensitive to your call in my heart.

Practical Survey of Actions

“The Third Point is to ask an account of my soul....as to thoughts, words, and then deeds.”

Lord, help me to recognize your call in the intimate core of my being (moods, feelings, desires, thoughts).

- * During the past few hours how has our Lord been prodding me? What has God been asking of me?
- * What are the subtle, intimate, affective ways in which the Lord has been dealing with me during these hours?
- * Have I been responding to God's call to me?
- * Am I living as a son/daughter of the Father?
- * Am I moved and motivated by the Spirit or am I self-moved and self-motivated?

Lord, unveil that area of my heart where you are especially calling for conversion, the place where you are nudging me to turn to or from. Am I forgetting some area on purpose, afraid of your judgment or the difficulty required in

changing certain ways and patterns?

Make me honest and open, Lord, that I may experience you in the burning fire of Your Word. Help me recognize my faults and correct what you want me to correct.

What are some key consolations I have experienced and key desolations?

Contrition and Sorrow

“The Fourth is to ask pardon of God our Lord for my faults.” And give thanks for the ways God has come to me and I have cooperated with God

Lord, only if you touch my spirit can I be converted. I am constantly prey to sinful tendencies and yet I wish to be converted into the newness which comes to one who turns to you unconditionally. May my heart's vision deepen as you turn me from the way of a sinner to an ever closer follower of yours. Lack of courage and honesty make my responses so selfishly inadequate. Lord, let my contrition and sorrow give me courage and increase my faith in Your desire that I love You with every fiber of my being.

Hopeful Resolution for the Future

“The Fifth Point is to resolve, with His grace, to amend them.” And to stay close to God and aware of the challenging and blessed things that I can foresee coming my way in the next couple of hours or days.

Lord, it is so easy to be despondent and fearful of the future. May I honestly face this fear. It is too easy, also, to look to future focusing on selfish desires and wants. As I look forward, increase in me the desire to face the future with renewed vision and sensitivity. I pray to recognize ever more the subtle ways in which you greet me in the various situations of my life. Lead me to that trust

which allows you to direct my life. With St. Paul I pray: *“My entire attention is on the finish line as I turn toward the prize to which God calls me – life on high in Christ Jesus.”* (Phil. 3:14)

Source: George Aschenbrenner, *Review for Religious*, January 1972. Adapted.