

An evening Examen of Consciousness

This short prayer exercise is to help increase one's sensitivity to God working in one's life and to provide one with the enlightenment needed to co-operate and respond to God's call each day.

Thanksgiving

Begin by looking over the day and asking to see where you need to be thankful. Do not choose what you think you should be thankful for, rather, by merely looking over the day see what emerges, what you notice, even slightly. How do you feel towards what is shown to you? Do you see the giftedness of your life? Do you sense your own poverty? Allow gratitude to take hold of you and express this to the Father, Son and Spirit.

Ask for Light

This is a prayer for enlightenment from God, not from your own analysis of the day. Therefore ask the Holy Spirit to show you what He wants you to see.

Finding God in all Things

Again look over the events of the day. This time ask the Lord to show you where He has been present in your life, either in you or in others, and what He has been asking of you. Look over your interior moods, feelings, urges and movements and see what stands out even slightly.

Look for such things as joy, pain, turmoil, increase of love, anger, harmony, anxiety. Freedom, enchainment, presence of God, isolation. In what general direction do you think you are being drawn by the Lord? How have you been responding to these experiences or situations that draw you towards the Lord and invite you to be more like Him?

More *particularly* what attitudes are manifest in these experiences? Remember that your experience helps you to discover the underlying attitude, and your actions and choices flow from these attitudes. Is there any one place in your heart or any one attitude that the Lord is calling for conversion? Is there any one area you are being asked to focus your attention on, to pray more seriously over, to take action on? This is where your energy needs focus instead of on the many other things you think are important.

The Gifts of sorrow, forgiveness and gratitude

Seek forgiveness from the Lord for the moments you did not respond to His love. Do not be afraid to ask for the gift of an ever-deepening sorrow for not co-operating with Him who loves you. Praise the Lord for those moments you have been co-operating with Him.

Help and Guidance for tomorrow

Ask the Father for your needs for tomorrow. For example you may need to pray to overcome something - or to accept your "thorn in the flesh" - to persevere - to be more sensitive to the Lord's activity in your life - to let go - to love more - to have a conversion in some area - etc. There is nothing that can be done without God's loving assistance and guidance so ask. Look for, trust and co-operate with the Father, Son and Spirit living within you.