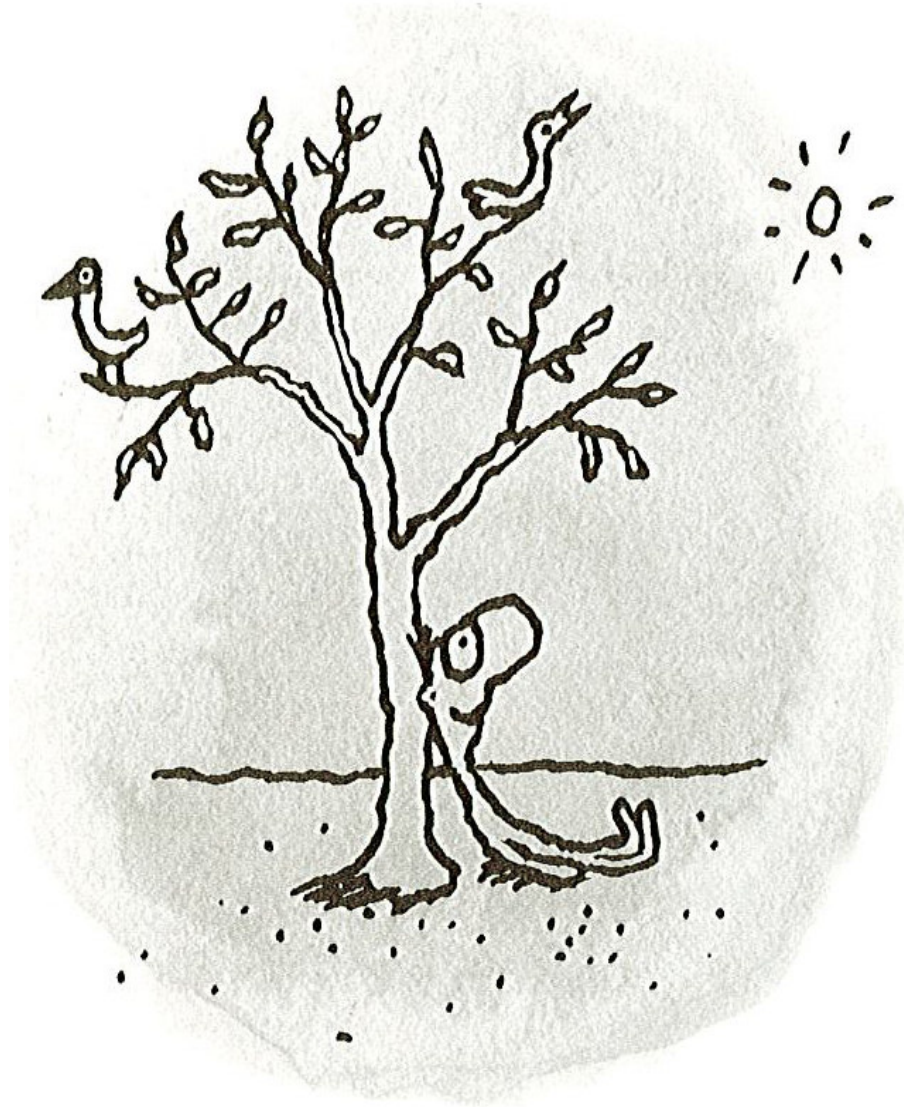


The Everyday Retreat

*Week 6 – Examen of
Consciousness*



27th July – 2nd August

Lewis

Examen of Consciousness

This is an ancient prayer used in the Jesuit tradition to recognise the action of God in our lives. It was developed by St Ignatius (1491-1556) to discover the voice of God within his own heart and to experience a growth in familiarity with God's will. It is used to reflect on the last 24 hours we have experienced. It is traditionally prayed as an end of day prayer, (although many people pray the prayer at other points in their day). The purpose of the Examen is to try to find the movement of the Spirit in our daily lives as we reflect on our day. There are five simple steps to the Examen, which should take 10-15 minutes to complete, and what follows is just one interpretation of these five steps in discerning the movement of God's Spirit in your day.

1. Recall that you are in the presence of God.

No matter where you are, hilltop or valley, country or city, in a crowd or alone, you are a creature in the midst of creation.

2. Spend a moment looking over your day with gratitude for this day's gifts.

Be concrete and let special moments or pleasures spring to mind! Recall the smell of your morning coffee, the taste of something good that you ate, the laugh of a child, the fragrance of a flower, the smile brought forth by a kind word, a lesson that you learned.

3. Ask God to send you His Holy Spirit to help you look at your actions and attitudes and motives with honesty and patience.

"When the Spirit of truth comes he will guide you into

all truth." (John 16:13) The Holy Spirit inspires you to see with growing freedom the development of your life story. The Spirit gives a freedom to look upon yourself without condemnation and without complacency and thus be open to growth.

4. Now review your day. Recall the events of your day; explore the context of your actions. Search for the internal movements of your heart and your interaction with what was before you. Ask what you were involved in and who you were with, and review your hopes and hesitations. Notice where you acted freely—picking a particular course of action from the possibilities you saw. See where you were swept along without freedom. What reactions helped or hindered you? See where Christ entered your decisions and where you might have paused to receive His influence. Did I feel drawn by the Lord today through a companion, an event, nature, a book, etc? How did I meet the Lord today in my fears and misunderstandings, my work, my joys and my pain? Are there areas of my being of which Jesus is not yet Lord?

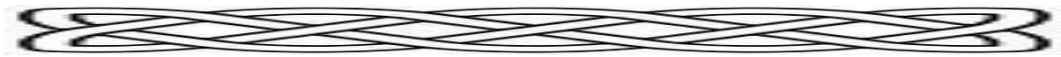
5. The final step is our heart-to-heart talk with Jesus. Here you speak with Jesus about your day. You share your thoughts on your actions, attitudes, feelings and interactions. Perhaps during this time you may feel led to seek forgiveness, ask for direction, share a concern, express gratitude, etc. Conclude by considering how you would like to respond to the call of Christ tomorrow and beyond.

 Luther's Morning Prayer

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

 Luther's Evening Prayer

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands, I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.



John 4:7-19
Deuteronomy 7:7-10
Genesis 22:1-18
Luke 12:16-21
Psalm 17:1-7

