

Examen for Reconciliation

At the heart of Ignatian spirituality is the transforming encounter with the mercy of God in Christ that moves us to a generous personal response.

(GC 36, Decree 1, ¶19)

This Lent, the Jesuits of the USA Central and Southern Province invite you to pray the Examen, one of St. Ignatius' greatest gifts to the Church. During this time of division in our world, let us pray an examen seeking reconciliation:

Be Still

Become aware of God's loving presence. Recognize God's love for all God's children.
Ask God to open your heart.

Consider: What prevents me from recognizing my neighbors as brothers and sisters, deserving of dignity and respect?

Give Thanks

View your day – complete with joys and challenges – as a gift from the God who loves you.
Consider all the privileges and comforts you enjoy. Be grateful.

Reflect and Review

Look at your day and consider your blessings.

Do you enjoy a benefit or freedom because others fought for that right?

Do you believe that the circumstances of your birth – your home country, the socio-economic status of your family, the color of your skin or your native tongue – make you deserving of the life you have been given? Or do you recognize all as gift?

Do you recognize the worthiness of others who do not share your blessings?

Have you taken any steps today to respond to the Gospel to welcome the stranger, feed the hungry or comfort the sorrowing? Have you treated anyone as "less than"?

Pray for Union with God and Neighbor

Ask God to be with you. Ask to see others as God sees them.

Ask for forgiveness for the times when you failed to recognize others as children of God.

Look Ahead with Hope

Imagine how your life might change when you think of all people as your neighbors.
Ask God for guidance as you consider how this framework of thinking can direct your actions.
Ask for wisdom and courage.

End your Examen with Gratitude and a simple Prayer:

Loving God,

Open my heart to your love and teach me to recognize all people as your children.

Open my eyes so that I may overcome my blindness to my own privilege.

Help me to work for the reconciliation to which you call us.

Amen.

