

EXAMEN

for an attitude of gratitude

based on the teachings of St. Ignatius of Loyola written in
Linn, Sleeping With Bread: Holding What Gives You Life

WHAT: At least 5 minutes of daily prayer with these questions:*

1. For what moment today am I most grateful?
2. For what moment today am I least grateful?

WHEN: At the end of the day.

WHO: Alone, with your journal. Especially effective when shared with spouse, friends, children (adapted), special groups.

HOW: Method is simple:

1. Light a candle and do whatever you can to remind yourself of God's unconditional love for you.
2. Place your hand on your heart and ask Jesus to bring to your heart a moment today for which you are most grateful. If you could relive one moment, what would it be? Where were you most able to give and receive love? What was said and done in that moment that made it so special? Breathe in the gratitude and receive life again from that moment.
3. Ask Jesus to bring to your heart that moment for which you were least grateful. When were you least able to give and receive love? What was said and done in that moment that made it so difficult? Be with whatever you feel without trying to change or fix it in any way. If comfortable, take in deep breaths and let God's love fill you as you are.
4. Give thanks for this experience and share as much as you wish with a friend.

* Variations of the questions:

- When did I feel most alive? Most drained of life ?
- When was I happiest, saddest?
- When did I have greatest sense of belonging to myself, others, God, the universe, the least sense of belonging?
- Highpoint and lowpoint of the day?
- What do I feel good about today? What was my biggest struggle? When did I feel sad, helpless, angry?