

Advent Evening Examen

Praying the 'Examen'

is a tradition that comes to us from St. Ignatius of Loyola. It invites reflection and a review of a time period that can be done on a daily, weekly, monthly basis, or any other meaningful interval. Often people use it in the evening to review their day. Over time, one may sense how God's Spirit is present with us in the ordinary day-to-day. Engaging this Examen over time, people have found clarity, direction, inspiration and a deepened sense of purpose in mission, ministry and life.

In Advent, we anticipate the Light of Christ coming into the dark places of our world and perhaps within ourselves. This invites reflection. Perhaps you find doing the Examen with the prompts below meaningful for the remaining days of Advent.

AT THE END OF YOUR WORKDAY OR DAY, PONDER THESE QUESTIONS:

To whom have I been light today?

Who was a light to me today?

Where in the world do I see darkness? What can I do to bring light into that darkness?

Consider journaling your responses.

Advent Blessings & Merry Christmas!

