

## Time to Reflect by Diane Reese

Sometimes I have found my prayer life resembling my “to do list” or my “worry list.” When I get bogged down in that rut, I have found variations of the Examen (a practice of Ignatius of Loyola) to be helpful. This is my current version that I like to use.

### Reflection:

- 1) Take a deep breath as you begin.  
**Acknowledge the presence of God** with you and in you. Ask Him to draw you toward light and life during this time.
- 2) **Review the past 24 hours, noticing God’s provision and care** as you go through the experiences and interactions you had. **Give thanks** as you do so. What was the weather? Who did you see? Did you have some troubles? What care did God provide for you as you experienced those troubles? Did you learn something new? Did you have some unexpected blessings? What about the “normal” things? What can you give thanks for in the everyday experiences?
- 3) **Review the day again briefly, asking God to help you see things in yourself and your actions that He would have you change.** He is present with you, caring for you, and He can help you. If you notice anyone to whom you should apologize as you reflect on your actions, make a mental note to take care of that as soon as possible.
- 4) **Shift your thinking to the future now.** While none of us can know what the future holds, we have feelings about what we expect. Think through the coming day and what you expect from it.  
**How are you feeling about it?**

- 5) Acknowledge God’s care and knowledge of your future. **Give the different aspects of your day and your feelings about the coming day into his hands and care.** Ask God to help you look to your day with hope.

### Bible Reading

In addition to the Examen, Ignatius also encouraged his followers to read the Bible with imagination.

**Read John 8:1-11.** This is the story of the woman who had been caught in adultery, and Jesus’ response. **Imagine the scene, and imagine yourself as one of the people present.** What do you feel? Are you confused, scared, angry? What do you think of Jesus’ response? Does it surprise you?

Now that you have seen yourself in the story, **ask God to help you see the story in your own life.** Do you feel people’s judgment? Do you wonder what God thinks of you? How are you thinking of others? Is there someone in your life that requires grace and understanding? Jesus’ words to the crowd were “Let him who is without sin be the first to throw a stone.” Jesus’ parting words to the woman were, “Go and sin no more.” What would his words to you be?

---

**May God bless you as you go about your day, and may He grant you a stillness and hope in His constant presence. You are deeply loved.**

---