

Examen 30

Persons

The Traditional Examen (Examen #1) has me praying over my day, moment by moment. Examen #29 has me prayerfully reviewing my day, not moment by moment, but rather place by place, thing by thing, activity by activity. This present Examen has me praying person by person, zooming in on the most important encounter of the day.

1. I begin in my usual way.
2. I spend a few moments in gratitude, thanking God for one or two of the blessings, big and small, that I've received today.
3. I ask God to show me each *person* I encountered today. I ask God to reveal which encounter today was the most important one. By "most important" I mean the conversation that had the strongest impact on me and/or the other person. It could be a negative or positive encounter. I zoom in on that one encounter.

- In that specific encounter, was I *spiritually free* or *unfree*? What led to my feeling spiritually free or unfree with this person? How does today's encounter relate to past

encounters with this person? In general, am I spiritually free or unfree with this person? What leads to this spiritual freedom or unfreedom?

- What were the consequences of my spiritual freedom or unfreedom with this person? If I was free, what good came from it? I relish this good and praise God for it. If I was unfree, what bad came from it? I allow myself to feel the pain of this and ask God for forgiveness and healing.

4. Now I look to the future. When might I encounter this person again? What are my great *desires* for my relationship with this person? I allow my great desires to well up within me. I place these desires in God's hands and ask God to make them holy. I ask the Lord to show me what *grace* or virtue I need to be the person I want to be in this relationship. I ask for that grace or virtue.
5. If I feel called to do so, I make a resolution to be the kind of person I feel called to be in the relationships upon which I have reflected in this Examen.
6. I end in my usual way.

