

Examen 34

Most Important Moments

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 the *most important moment* of this day—the moment that had the biggest impact on me or on others, whether that impact be physical, spiritual, or emotional. Why was it so important? How was I feeling, deep down? Were there any negative thoughts or emotions that I did not admit to having (for example, fear of rejection)? Was I spiritually free or unfree in that most important moment? What were the consequences of that moment? As appropriate, I give thanks, I ask for forgiveness, I ask for healing.
4. If I wish and have the time to do so, I can return to my review of the day, asking God to show me another important moment of the day. I talk with God, using the same questions above. Again, I give thanks, ask for forgiveness, ask for healing.
5. Now, I look to tomorrow. Specifically, what do I think will be my most important moment tomorrow? What are my great desires for that moment? 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 God to show me what grace or virtue I need to be the person I want to be at that moment. I ask for that grace or virtue.
6. What other important moments may I experience tomorrow? I talk with God, using the reflection questions above.
7. If I feel called to do so, I make a concrete resolution to be the kind of person I feel called to be.
8. I end in my usual way.

