



into deep sea
we cast the nets

**EXAMEN FOR
DAILY LIFE**



Claret and Paris transmitted to us the Ignatian practice of self - examen as a strong point for daily life.

We shall renew our good practice of the examen lived as a prayer encounter. We can dedicate 10 minutes a day, at the time that best suits us, to attentively discover the movements of God in our lives and continue to respond faithfully to his daily call.

We propose to follow few steps, illuminated from the morning prayer of Maria Antonia París.

1 *I situate myself*

I calm down, making silence of my whole being and becoming aware that I am in the presence of God who accompanies me, who knows me, who loves me and with whom I communicate.

I can use the words of mother Antonia

My God, Triune and One, Father, Son and Holy Spirit;
I plead you to illuminate me with your infinite Wisdom,
to know you and to know myself,
and to know all that You want me to do,
to serve you and love you perfectly with your divine favour
as much as it is possible in this life.

2 *I ask for light*

I ask for the grace of transparency and truth. I am aware that the Spirit works continuously.

I ask for your light to identify and discern the interior movements of desolation or consolation.

Deign to enlighten me so that I know everything you want from me
so that I may be docile, and not resist your divine inspirations
and your most holy Will.

3

I go through the day with Him

I review every hour of the day from the moment I got up: the prayer, the Eucharist, the Word of God, encounter with the sisters, meetings with other people, situations, thoughts, feelings, motions, readings, world situations, work done, decisions made.

I stop where I perceive the movements of God with gratitude, with consolation and where I recognize desolation.

I abandon myself to his ever loving and merciful presence.

I become aware, I recognize, I take note of what resonates in me mostly, I give thanks for so much goodness received, and for his love.

I present and entrust him my desolation, the re-experienced wounds and I ask for the grace to overcome:

Make me a living copy of Our Lord Jesus Christ.

4

I choose one or two most significant experiences of the day

What are the signs of a good spirit and what do they lead me to?

- in my relationship with God
- in making the path easy for my sisters in the community and for others
- in bringing the gestures and words of Jesus to those I have met throughout the day?

With your infinite Omnipotence
help me to be able to discern everything as You want;
You know that I can do absolutely nothing
without your grace and divine help.

5 *I ask forgiveness*

I am aware of my weaknesses and perhaps faults and with a humble and trusting heart, I ask my God and my Father for forgiveness.

6 *I ask for Grace*

I take a few minutes to ask for strength and grace for the new day

Deign to communicate Your Divine Love to me,
which is the honey that sweetens all our bitterness,
softens our harshness, facilitate our difficulties and carries us
in his arms... because love carries the burden without burden,
and even if it is very heavy, with love we don't feel it.

7 *I am grateful*

I thank him for my life, for accompanying me with his loving presence, for his promise of fidelity.

He accompanies me with his loving presence and that will continue.

Grant me, Lord, the grace to love you
as much as my soul desires.

