ST. ALOYSIUS NOVENA OF GRACE 2023

Finding God in All Things – An Examen Exercise

Praying the Examen, as Fr. Dean Brackley, SJ, wrote, is about "dancing with God." It is time set aside each day to learn the "dance steps," to ensure that we're not stepping on one another's toes. It is a moment (or two) when we search for God in the nitty-gritty reality of our day-to-day lives.

But we have eyes to see. And so, God invites us to recognize that which is holy in every moment of our day.

But blessed are your eyes, because they see, and your ears, because they hear. Amen, I say to you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it. (Matthew 13:16-17)

In gratitude, we turn to God, asking for the grace to recognize Christ, present, in all things...

- God, where did I see you in my home? In my daily chores? In my morning routines? Where did I miss your presence?

Then the righteous will answer him and say, 'Lord, when did we see you...?' (Matthew 25:37)

- God, where did I see you on my commute? In the day's comings and goings? Where did I pass by too quickly?

The Lord will guard your coming and going both now and forever. (Psalms 121:8)

- God, where did I encounter you in my meals, shared or alone, quick or leisurely? Where was I ungrateful?

Then the two recounted what has taken place on the way and how he was made known to them in the breaking of the bread. (Luke 24:35)

- God, where did I hear you in the media? Where did I see you on my many devices? How did I distinguish your voice from that of the Enemy?

There was a strong and violent wind rending the mountains and crushing rocks before the Lord – but the Lord was not in the wind; after the wind, an earthquake – but the Lord was not in the earthquake; after the earthquake, fire – but the Lord was not in the fire; after the fire, a light silent sound. (1 Kings 19:11-12)

- God, how did I encounter you in my neighbor? My family, friends and coworkers? When did I fail to love others as you love me?

You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these. (Mark 12:30-31)

- God, guide me in the day ahead.

Amen ***Adapted from the Ignatian Daily Examen***