



THE PARISH SMALL GROUPS

Growing in openness to God and one another.

INVITE

1. I get into a comfortable position. I let my muscles relax and mind quiet down. I take a deep breath and ask God to make his presence known around and in me. I feel this presence and soak in it.
2. I ask God to fill me with his merciful love. I ask Him to be the leader of this prayer time, rather than brooding or obsessing over myself or the day.

GIVE THANKS

3. I ask God to reveal all the gifts and graces He has given me, from big (*life, safety, love*) to small (*a good night's sleep, a phone call from a friend, a compliment*). I thank God for each of these gifts.

REVIEW

4. The guide on the *back side of this page* outlines a specific lens to use each day of the week. Using this guide, I review and relive each part of my day, lingering in the moments that feel significant.

RESPOND

5. I ask God to show me, concretely, how he wants me to respond and what kind of person he is calling me to be tomorrow. I resolve to be that person and ask for God's help.
6. I close with one or two of the following gestures: I make the sign of the cross, bow, or say the Lord's Prayer.

DAY 1

As I review, I pause at any one of the difficult moments of my day. I pay attention to any missed opportunities, when I could have acted in a certain way but didn't. When I find moments in which I was not the person I was called to be, I ask God's forgiveness. I try to sense his healing mercy wash over me.

DAY 2

Instead of reviewing my day hour by hour, I review it emotion by emotion. How did I feel when I woke up this morning? As I was eating breakfast, and so on. What moments or situations felt especially charged with emotion? Did I notice a sudden spike of joy, gratitude, hope, or excitement at a certain point? Where was there anxiety, sadness, fear, or anger? I speak with God about the stronger emotions of the day. Were they of the good Spirit, the part of me that is moving closer to God and deeper in faith, hope and love? Were they of the false spirit, the spirit in me that is stuck in earthly thoughts, desires, or obsessions?

DAY 3

Thinking back on the past day, how has my body felt? Have I experienced head or stomach aches? Are my muscles tight? Have I relied on caffeine, junk food, alcohol, or other things to make it through the day? What might the Lord be speaking through my body that my mind does not yet know?

DAY 4

As I reflect on my day, what thoughts have been stuck on repeat in my mind? Do I find myself rehearsing or obsessing over some situation, conversation, conflict, or idea? What thoughts came to mind in moments of stillness or waiting? Where is God in the midst of these thoughts?

DAY 5

Looking through my day, I ask the Lord to show me the moments when I was not fully present – when I became distracted and lost in my own thoughts while the moment called for my full attention. I speak with God about those moments, asking for healing and forgiveness. I also recognize the grace-filled moments when I was fully present to the present. I pause and give thanks to God for those moments.

** Adapted from "Reimagining the Ignatian Examen" by Mark Mark Thibodeaux*