



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

Reviewing my day, I consider the relationships I was engaged in and conversations I had. Which ones reflect the Trinity in their sense of unity and love? How were these interactions life-giving to the people involved? I give thanks to God for His presence. Were there times when my relationships reflected a more worldly tone of conflict, comparison, or pride? I offer these encounters to my Father, who is quick to forgive and gently correct.

DAY 2

I think through the past day, remembering the choices I made, both the significant and seemingly insignificant ones. What was involved in my decision-making process? Did I invite the direction of the Lord? Did I respond to anxiety from within or pressure from without? Is there a difference in the way I make big decisions and the way I make smaller ones? How might God be inviting me to welcome Him into my decisions?

DAY 3

In the past day, when have I been in the presence of children (my own or others' at a store, bus stop, restaurant)? How can I see God's Kingdom represented in my interactions with or observations of children? Were there moments where I experienced a child-like faith, hope, or love? Were there moments where I was too serious or overly concerned with appearance? I ask the Father to help me become more child-like in my relationship with Him.

DAY 4

As I review my day, I think of times when I was pleasantly surprised. How is God showing me His unfailing goodness in these moments of grace? I give Him, the Author of all good things, thanks for these gifts. When was I unexpectedly disappointed in the last day? How might He be at work, even in the midst of disappointment?

DAY 5

As I consider my life in the past day, I look for the moments when I drew nearer to God, whether through great strides or small steps. When did I acknowledge Him, obey Him, thank Him, seek Him, worship Him? Were there other moments that drew me away from Him? I reflect on these times and ask God's forgiveness, remembering His grace and love that draw me close to His side.

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