

## A DAILY EXAMINATION OF GRACE

*Scanning over your life at the beginning or end of the day*

Invite the Christ, Light of the world, to walk with you as you rehearse the past twenty-four hours (or recent time period)... gently sift through events and encounters. Breathe deeply: in... out... Imagine things unfolding as from a slow moving train...

**1. GIFT (WOW!) Give thanks for any gift(s) of the day.**

*Celebrate God's empowering love* at a time or times when you felt loved, or loving.

**2. STRUGGLE (WOA.) Notice times when you struggled to**

**feel loved, or loving,** some unrest in your soul, some unresolved tension. *Celebrate God's undefeated love* and hear: "I know that and I love you." "You are my beloved."

**3. INVITATION (WHAT NOW?) Ask God, What grace do I need to name and claim to be more whole today?...**

Allow a word or phrase—an image or metaphor—to come to mind. Begin to repeat it, slowly with your breathing; or picture it if it's an image. (Silence)

Last: Imagine a little hidden video at home or work: Visualize yourself in some situation, acting as if you are already whole.

Return to active life using a line of a poem, scripture or song. For group: Share with one other person, as seems good (4-5 minutes). Conclude with a brief silent prayer for each other.

Adapted from *The Spiritual Exercises* of Ignatius of Loyola

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