

EXAMEN - EXERCISE

TAKING A NEW LOOK AT MY DAY

At the end of a day, at midday, in a meeting, in a conversation...:

Step 1: I stop and pray : “Holy Spirit, give me your light”.

Step 2: I ask myself : "Do I feel life and lasting joy?" If yes :

- What yearning, desire or need, has been nourished?
- By what concrete fact?
- I say : “Thank you, Lord, for that fact”

Step 3: Do I feel bored, tired, sad, afraid, angry, guilty?

- What yearning, desire or need has not been filled?
- Because of what specific fact?
- I say : “Thank you, Lord, for enlightening me and restoring joy in me.
- I ask Him : “Show me a better way to nourish, my need, desire, yearning, next time.”

Step 4: I ask the Lord for a precise grace (patience, tact, trust, daring...) for an important activity to come (like a difficult meeting). For example:

During a meeting: when I feel boredom or tiredness among the participants, I ask the Lord, "Give me the right words to use to ask the president of the assembly for a break, or to move to the next point on the agenda".

During a conversation: when I feel myself attacked, I say to myself, “STOP”. I ask the Spirit, “Help me”. I wonder, "Does this anger hide a sadness or a fear? Which yearning, desire or need is attacked: respect? trust? justice? freedom? time? safety?...". I only speak when peace fills me again.

ADDITIONAL EXERCISES

There are currently no additional exercises for this section