

# EXAMEN - STORY



I ask for what I desire as we begin this topic



I pray that my entire being become open to God's grace



I imagine these texts being addressed to me, and note my response

### Grace: To discern God's presence and his direction in us

"When examen is related to discernment, it becomes examen of consciousness rather than of conscience. Examen of conscience has narrow moralistic overtones. Its prime concern was with the good or bad actions we had done each day. Whereas in discernment the prime concern is (...) with the way God is affecting and moving us (often quite spontaneously!) deep in our own affective consciousness (...) How we are experiencing the "drawing" of God (John 6:44)"

*George Aschenbrenner sj, in "Consciousness Examen", 1972*

"We also find out through the examen that we are following some unspoken "musts." Men overextend themselves, decision by decision, and then wonder, amazed, how they got there. It hits me this way, with half a laugh: Who the hell wrote all those things in my calendar? We take up a side apostolate and it is suddenly absorbing our main strength, which we never chose to happen, or better, which we chose to happen without being aware of our choice. Or again, we come to realize in the exercise of the examen that we no longer do what we have long done (pray in the morning, keep touch with a close friend, beg God for freedom from an addiction), or that we have begun to do what we never chose to do (two drinks before dinner, arguing vehemently, coming late). We do not make the examen, perhaps, because we prefer to choose in confusion than in clarity"

*Joseph A. Tetlow sj, in The most Postmodern Prayer, 1994*

I presuppose that there are three sorts of thought processes in me, one sort which are properly mine and arise simply from my free will and choice, and two other sorts which come from outside, one from the good spirit and the other from the bad

*Saint Ignatius of Loyola - Spiritual Exercises [32]*

### QUESTIONS FOR REFLECTION

Am I able to meet God any moment of the day? What helps me reach this encounter (silence, prayer, seeing people, etc.)? What aspects (work overload, many distractions, etc.) hinder and complicate this encounter?