

A scenic landscape featuring a stone path that winds through a lush green field. In the background, there are rolling hills and mountains, some of which are shrouded in mist or low clouds. The sky is overcast. The overall atmosphere is peaceful and natural.

Practising the way of Jesus: The Examen

Think of someone you know well

What are two flaws that they have?



Why are we quick to judge

1 SURVIVAL

2 EGO



Judgment impacts on us

1 Stops us growing

2 Stops us fully knowing or loving God

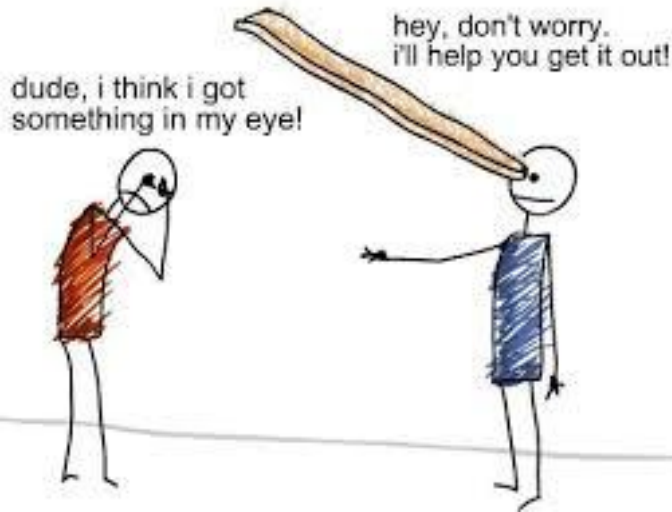
3 Stops us fully loving others

4 Wastes time

5 Harms relationships

Jesus:

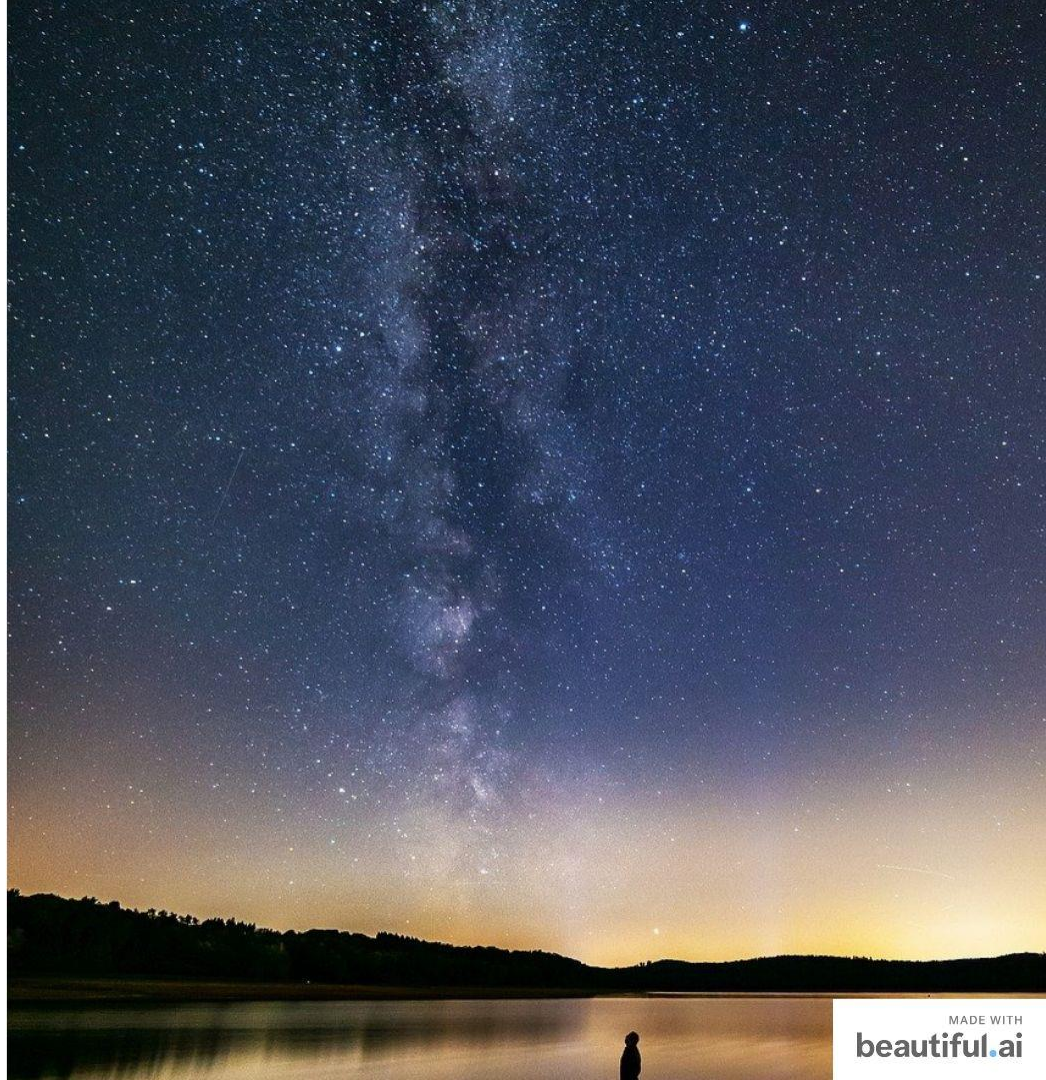
‘Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, “Let me take the speck out of your eye,” when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.





Psalm 139:

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

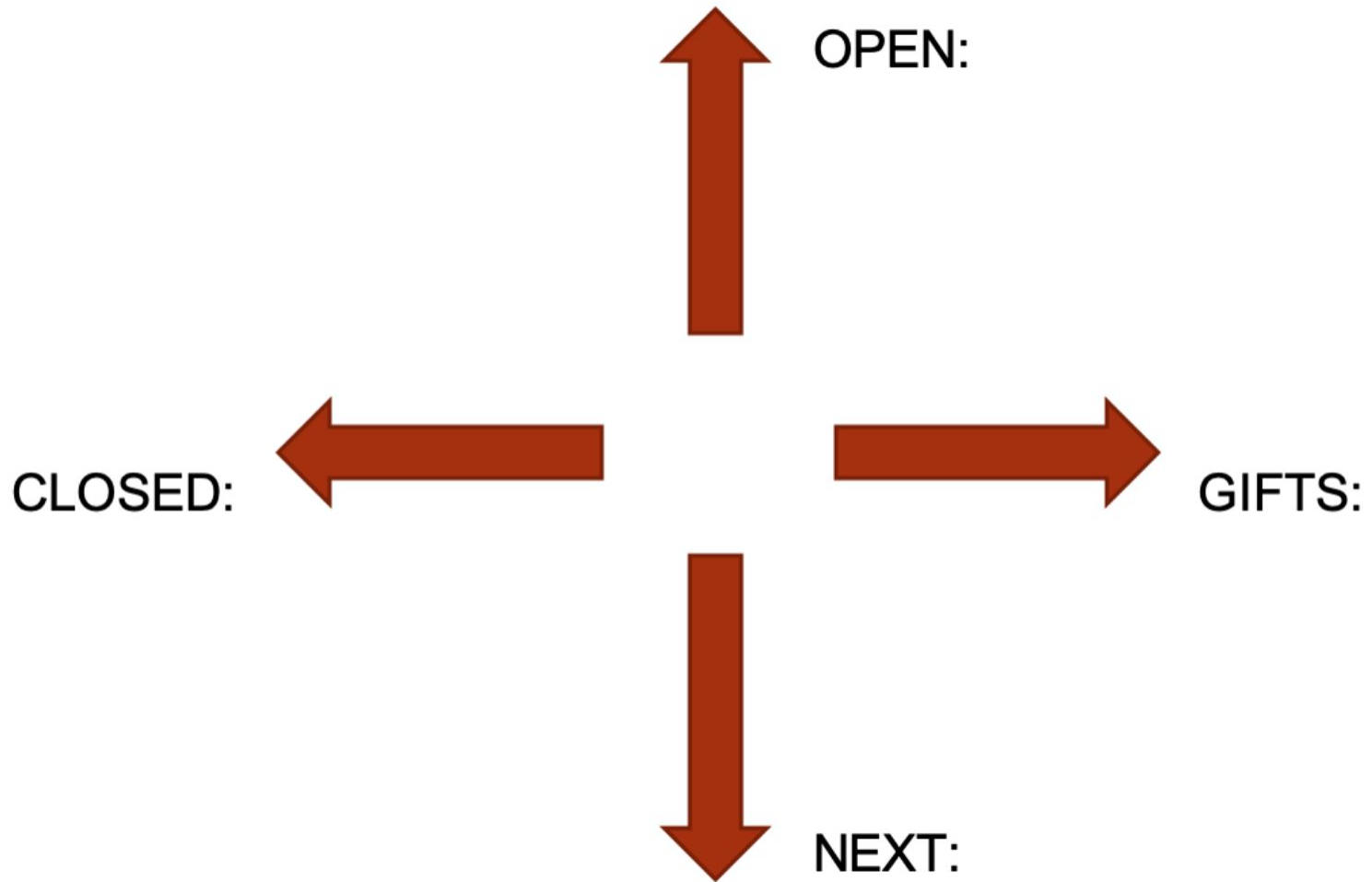


Self-examination

- 1 Corinthians 11:28 “Everyone ought to examine themselves before they eat of the bread and drink from the cup.”
- Lamentations 3:40 “Let us examine our ways and test them, and let us return to the LORD.”

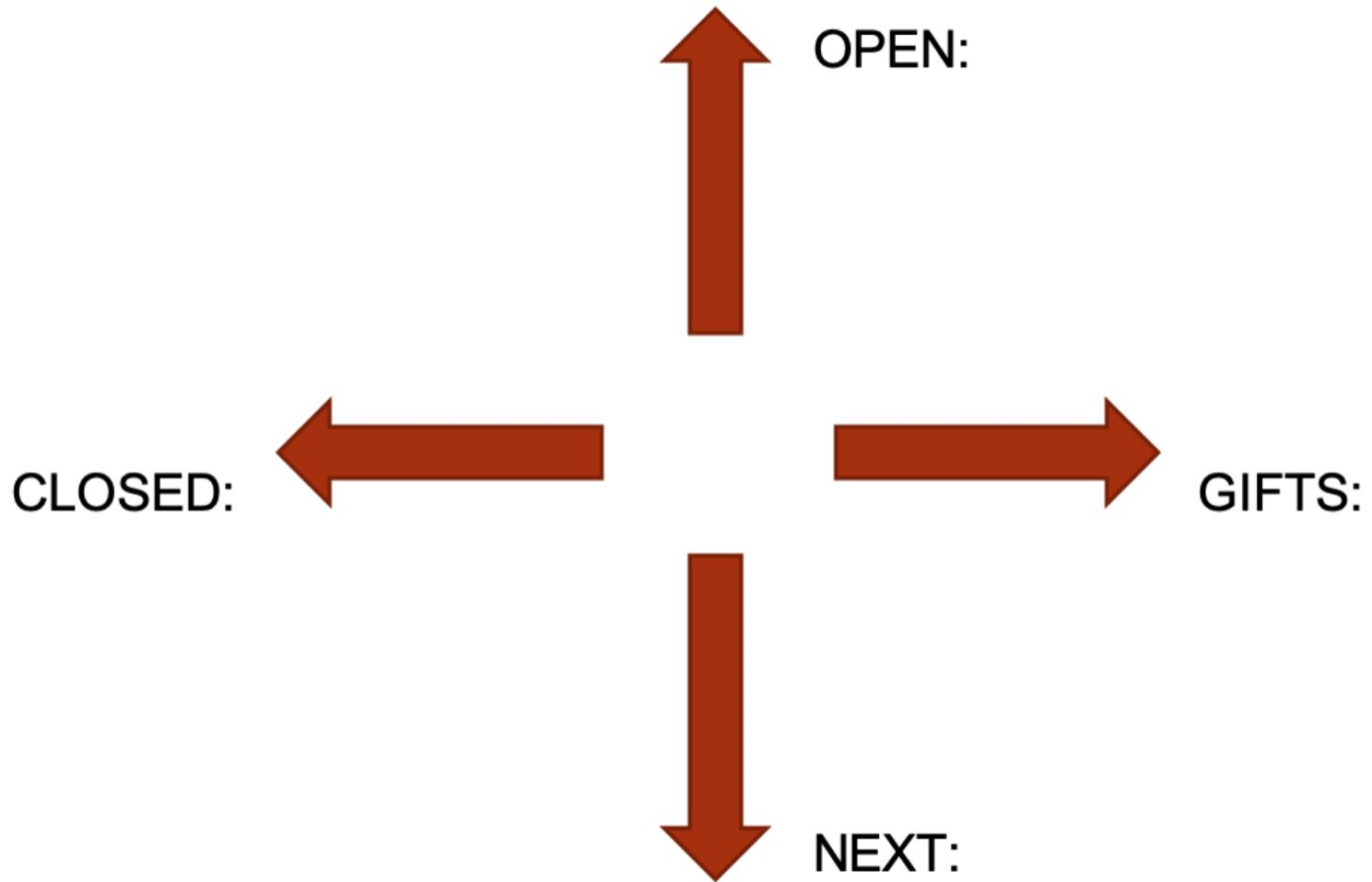
The Examen: Ignatius of Loyola





Steps

- 1 Tune into God
- 2 How have you been OPEN to God?
- 3 What GIFTS have you received from God?
- 4 How have you been CLOSED to God?
- 5 Ask God to forgive, cleanse and purify you
- 6 What will you do NEXT?





Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malignant enemy defend me.
At the hour of my death call me.
And close to You, bid me.
That with Thy saints,
I may be praising Thee
Forever and ever.
Amen.