

Saturday Examen

Does Lent feel different for me this year? Is it harder than usual perhaps, or less distinct, or easier?

Where has God been leading me in my prayer this week?

Do I recall a passage of scripture that I found particularly uncomfortable, or harsh, or challenging this week?

Can I remember a scripture passage that gave me consolation and encouragement?

At the end of this week, do I feel different from how I felt seven days ago? Something I have learnt? Something I have understood better, taken to heart? Something I feel more resolved or determined about? Do I feel fewer obstacles between myself and God? And what do I desire from God in the week to come?

You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace, that is enough for me.