Holy Saturday Examen

Holy Saturday, the tomb day, when the season of lent moves to its end.

Looking back over the time of lent, notice one thing for which you are feeling thankful . . .

Breathe in the gratitude you feel . . .

For what are you feeling least gratitude? . . . acknowledge this and feel whatever you are feeling about it . . .

Breathe in God's love, just as you are . . .

Speak with God about what you have noticed in this looking back at lent . . .

We adore you O Christ and we bless you

because by your Holy Cross, you have redeemed the world.