

Saturday Examen

Become aware of the presence of God as you enter into a time of reflection today...

What have you noticed naturally arising in your prayer and reflection time this week? Has a particular scripture stirred you? Or a piece of music? Or just simply being in the presence of God...

In celebrating the feast of the Ascension this week, we have spent time “looking up” into heaven. Where have you looked up in awe and wonder of the Lord this week? Where did you experience a consolation, or lightness of heart?

Where on the other hand, have you looked up into heaven out of longing and desperation? Perhaps there has been something you’ve been particularly praying for...

Looking towards the week ahead, what do you most need? Spend a moment now, looking up to heaven in prayer, and asking the Lord for this...

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.