



A year ago, we were thrown into the desert of a global pandemic, bringing to light many social and economic pandemics as well. We have been taken from the comfort of where we were and sent to the discomfort of the unknown. The death of our everyday life as it used to be with our plans, routines, and loved ones has revealed some of the false securities on which we had based our lives. The way we see the world, others, and ourselves has changed. Parts of us are fragmented and God is calling us to be whole again. This Lent we invite you to join us in that place, from where you are, to discover the deep healing that God can provide by praying the Daily Examen each day. The Daily Examen is a

simple prayer practice that is over 500 years old. It comes to us from Saint Ignatius of Loyola. It offers the opportunity to prayerfully review the past day to reflect where God was present and to listen to where God's voice is calling us to act as we look forward.

## February 17 - 20

### INTRODUCTION

Find a comfortable space where you will not be disturbed. Close your eyes and begin to breathe deeply, taking a moment to set aside any distractions. Ask the Holy Spirit to show you things from the past day: the people you met, the work you did, and the conversations you had. Pay attention to any strong feelings or emotions, both positive and negative, as we reflect.

### REFLECT

See the back page for the daily reflection.

1. **GIVE THANKS** - Think of the blessings in your life over the past day. What brought you joy or delight? Rest in this spirit of gratitude, let it fill your heart. Thank God for one of those blessings.
2. **REFLECT ON THE DAY** - Ask the Holy Spirit to show you what went well during your day. What surprised you? Listen. What didn't go well? Some things will be out of your control, this is not meant to make you feel bad, but to help you be aware of what needs attention. Listen.
3. **FIND GOD** - Where did you see God in your day? Think over the many details, God's presence can feel like a lightness of joy in your heart or the strength to face difficulties.
4. **WHERE IS GOD CALLING ME TO GO** - Take a moment to think about what is coming up in the next day. Ask God "What would you have me do?" Listen.

### PRAYER

See the back page for the daily prayer.

## February 17

### REFLECT

No matter who we *think* we are, we are dust and to dust we will return. To repent is different than to regret; repenting is between you and God. Regretting is mostly about you. What will you do with the time you have been given on this earth?

### PRAYER

Loving God, show me what I need to let go of this Lent to make more room for you to enter into my heart.

## February 18

### REFLECT

We all have deserted places in our lives. We tend to avoid them because there is no place to hide and we are forced to face who we are and who we are not. Jesus is there drawing us deeper into the heart of God. Will you go?

### PRAYER

Loving God, help me embrace the desert to discover what I truly value, how I spend my time and occupy my thoughts so that I can find you in my heart.

## February 19

### REFLECT

The societal meltdown of the last year has widened our gaze to see what we have done to our sisters and brothers across the globe through our indifference. We have lost the sense of the common good. What in your present needs to change in order to move to a better future?

### PRAYER

Loving God, help me avoid falling back into the individual and institutional patterns that have led to the crisis we are experiencing. Help me restore what has become fragmented.

## February 20

### REFLECT

Sometimes it takes illness to have an experience of limit, pain or loneliness. This can change how we see life and refocus on what we value. Can the reminder of ashes on your forehead help you to live more simply, but fully?

### PRAYER

Loving God, I must go forward in a new way. Give me the grace of patience to discern my next steps.