



DAY OF

“PAPAL”

THE
PRAYER
AWARENESS

EXAMEN

Homo Spiritus

- We are made to be in relation to God
- St Augustine:
 - our hearts are restless
 - until they rest in You.
- Our hearts are made for prayer,
- for being in God's Presence,
- for basking in God's Presence & Grace

The Practice of the Presence of God

- Br Lawrence:
- The Practice of the Presence of God
 - Consciously Being in God's Presence
 - All day Long
- Desert Fathers praying unceasingly
- Athonite Fathers: the Jesus Prayer

Spirituality for Busy People

- Most of us are not Hermits
- Most have children, parents to care for
- Jobs, mortgages, housework
- Cannot spend day in mystical levitation
- driving in 16 lane highway at 130 km/hour, SHOULD not be in mystical levitation
- The Examen is the Reader's Digest version of Practicing of the Presence of God
- Pope Francis prays the Examen everyday

The Awareness Examen

- But can still Practice of the Presence of God, but in a way for busy people
- The **Awareness Examen**
 - Not the same as Examen of Conscious
 - Eg before Confession
- In **15 Minutes**: Reviews & Downloads
 - The Grace Events of the Day
 - That one missed during those moments
 - Because one was too busy (appropriately)

5 Step Programme:

- ***Thanksgiving:***
 - What I'm really feel thankful for, not what supposed to
- Prayer for *Light* of the Holy Spirit
 - to See my day with God's "eyes"
- ***Finding God*** in All Things
- *Response* to God in Dialogue
- Prayer for Help/Guidance for the *Morrow*

1: Thanksgiving:

- look over the day & see what emerges for which you can Thank God
- thank God for these good things
- do not choose
- do not idealise
- do not limit yourself only the most explicitly “religious” events
- pick what you are actually happy about
- not what you think you should be thankful for

2: Ask Spirit to See with God's Eyes

- we make a prayer
- that we can see our day (& ourselves)
- not from our sinful, woundedness,
- but from God's point of view,
- with the "eyes" of God's loving heart.

3: Finding God in our Day:

- let your mind replay the events of the past 24 hours
- let the Spirit to show where God has been in our day
 - --in ourselves
 - --in others
 - --in events in our lives
 - --in events in the world/society in which we live
 - --in the joys
 - --in the sorrows
 - --in any event
 - --in every event that comes to mind
- --where do you sense being drawn to by the Spirit?
- --when do you sense being drawn to by the Spirit?

4: Talk to God:

- Talk to God about how you feel about
- some of the salient events of the day
- what did you feel about the various events
- tell God how you felt about it.

5: Ask for God's Help and Guidance for the future:

- --identify some challenges from the past day
- --ask God for help with them
- --what would you like to happen
- --what would you like to happen in you

Ancient Syrian Examen: St. John the Solitary

- When evening comes,
- collect your thoughts and
- ponder over the entire course of the day:
- observe God's providential care for you,
- consider the grace which he has wrought in you throughout the whole span of the day...

- consider the rising of the moon, the joy of daylight, all the hours and moments,
- the divisions of time,
- the sight of different colours,
- the beautiful adornment of creation, the course of the sun,
- the growth of your own stature, how your own person has been protected;
- consider the blowing of the winds, the ripe and varied fruits, how the elements minister to your comfort,

- how you have been preserved from accidents,
- and all the other activities of grace.
- When you have pondered on all this,
- wonder at God's love towards you will spring up within you,
- and gratitude for his acts of grace will bubble up inside you."

5 Step Programme:

- ***Thanksgiving:***
 - What I'm really feel thankful for, not what supposed to
- Prayer for *Light* of the Holy Spirit
 - to See my day with God's "eyes"
- ***Finding God*** in All Things
- *Response* to God in Dialogue
- Prayer for Help/Guidance for the *Morrow*

