

Pacific InterChristian Community

Awareness Examen

A prayer of discernment...

The awareness examen alerts us to Divine presence and invitation in the details of everyday life.

Ask God to go with you over the last day (or meeting, or encounter, etc.) and to bring you to a response to the following questions:

For what moment (in the day or meeting or encounter, etc) am I most grateful?

For what moment am I least grateful?"

Other possibilities...

When did I give and receive the most love? (for a group: When does it seem to you that the most love was given and received?)

When did I give and receive the least love? (for a group: When does it seem to you that the least love was given and received?)

When did I feel most alive? (When did it seem the group was most alive? etc.)

When did I feel least alive? (When did the group seem least alive? etc.)

When did I feel the most free? (When did it seem there was the most freedom?)

When did I feel least free? (When did it seem there was the least freedom?)

Note: The questions can be modified to refer to oneself, "you," "the group," "the meeting," etc.

These questions are drawn from or based on Sleeping with Bread: Holding What Gives You Life by Dennis Linn, Sheila Fabricant Linn, Matthew Linn. Mahwah, NJ: Paulist Press, 1995 (Revised 2008, 2009)