

The Examen as a daily practice...

I take a moment to let my mind and body be truly calm and recognize that God is with me, here and now, and wherever I am.

I ask God to help me be truly honest with myself as I pray now to be open to whatever God might show me about my attitudes and actions towards people who are different from me?

Looking back over the last 24 hours, when did I celebrate the gift of difference, the gift of diversity, the gift of inclusion? Knowing that these moments are a gift of God's love, let me focus on them for a moment.

During the same 24 hours, did I "other" any person? If I did, why and how? Did I fail to respect the innate human dignity of another person? Did I cut someone off? Has this awareness awakened in me a sense of contrition, a sense of sorrow for the hurt my action(s) caused?

As I look forward, what actions will I commit to? What do I need from God to follow through on this decision?

 Philippine's Journey
continues through us.