

An Examen of Joy

I spend a moment quieting myself,
inviting the holy Spirit to help me examine my day.

I look back on my day since I woke up.
Who or what helped me feel joyful today?
I pause to thank God for each of these in turn.

When was it difficult for me to feel joy today?
I ask God for forgiveness for any of my reactions
today that might have dampened the spirits of others.

I look towards the rest of my day (or tomorrow).
What do I need from God in order to radiate
the joy of the Christ's coming to others?
I pause to ask God for what I need.

Lord, as I end this examen,
help me to believe that
you created me for some special purpose
and that there is no one else like me
that can bring joy into the world the particular way that I can.

Then help me do just that.

Amen.