

# An Examen of Hope

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

I look back on my day since I first awoke.  
What were the tangible signs of hope I have experienced so far?  
I pause to thank God for each of these in turn.

Taking another look on my day,  
I consider the more challenging parts.  
Which moments were more challenging for me  
to find or seek hope today?  
I bring these to God and pray for the graces  
I need for similar moments in the future.

I pause now to examine my own offerings to others today.  
When did my words or actions lessen  
the hope in myself or others today?  
I ask God for forgiveness and for the graces I need  
to bear light for myself and others.

I look towards the rest of my day (or tomorrow).  
What graces do I need from God to enter  
each of my experiences with renewed hope?  
I pause to once more ask God for what I need.

Lord, as I end this Examen,  
help me to see that You always have and always will give me  
all I need to be a source of hope in the world.

Amen