

Prayer: Finding God in Daily Life through Examen of Consciousness

Introduction “Give me a person of prayer and [she] will be capable of everything; [she] can say with the Apostle: ‘I can do all in Christ Jesus who strengthens me.’”

(quote from Vincent de Paul, Coste, *Conferences*, 2008, volume 11, #67, page 76)

(Pause briefly for recollection and reflection.)

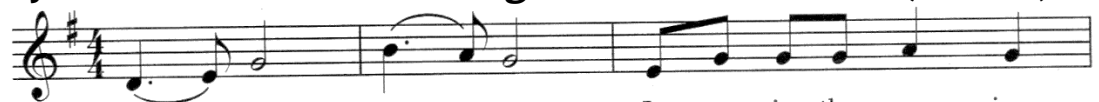
Call to Prayer “When I go to the chapel, I put myself in the presence of our good Lord and I say: ‘Lord, I am here. Tell me what you would have me to do.’ If He gives me some task, I am content and I thank Him. If He gives me nothing, I still thank Him ... And, then, I tell God everything that is in my heart. I tell Him about my pains and my joys and then I listen. If [I] listen, God will also speak to [me], for with the good Lord, [I] have to both speak and listen. God always speaks to [me] when [I] approach Him plainly and simply.”

(adapted quote from Catherine Labouré, René Laurentin, Catherine Labouré et la Médaille Miraculeuse, *Proces de Catherine*, Lethielleux, 1979, volume 2, #819, page 141)



ALL: In the name of the Father and of the Son and of the Holy Spirit. Amen.

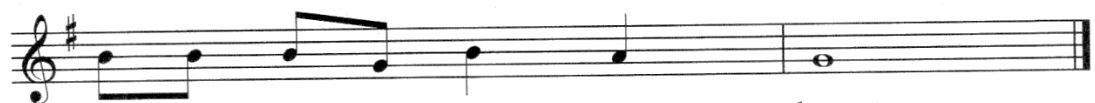
Hymn: “Jesus in the Morning” Traditional American (all verses)



- | | | |
|----------------|--------------|-------------------------------|
| 1. Je - sus, | Je - sus, | Je - sus in the morn - ing, |
| 2. Love_ him, | love_ him, | Love him in the morn - ing, |
| 3. Serve_ him, | serve_ him, | Serve him in the morn - ing, |
| 4. Thank him, | thank_ him, | Thank him in the morn - ing, |
| 5. Praise him, | praise_ him, | Praise him in the morn - ing, |



- | | | |
|-----------------------------------|--------------|--------------|
| 1. Je - sus at the noon - time, | Je - sus, | Je - sus, |
| 2. Love him at the noon - time, | Love_ him, | love_ him, |
| 3. Serve him at the noon - time, | Serve_ him, | serve_ him, |
| 4. Thank him at the noon - time, | Thank_ him, | thank_ him, |
| 5. Praise him at the noon - time, | Praise_ him, | praise_ him, |



- | |
|---------------------------------------|
| 1. Je - sus when the sun goes down. |
| 2. Love him when the sun goes down. |
| 3. Serve him when the sun goes down. |
| 4. Thank him when the sun goes down. |
| 5. Praise him when the sun goes down. |

Examen of Consciousness: seeing God in the reality of everyday life James Martin, S.J.

(Directions: Read and follow the steps, reflecting, responding. Pause between steps.)

1. Ask God (Father, Jesus, Spirit) to be with me.
2. Recall the events of the last day. For what small or large experience am I grateful? Say “Thanks ...”
3. Ponder: Where did I see God in my day? What were my God-moments?
4. Consider: When did I miss God or act contrary to God’s invitation? Ask forgiveness.
5. Pray for the grace to be aware of God’s presence and to follow more closely tomorrow.



Our Father

Intercessions

Leader: Let us pray to God who is present with us here.

Response: Make us aware of your presence, O God.

- + for the commitment to look for God as we journey through each day ...
 - + for the vision to recognize God in people, events, experiences of our daily lives, ...
 - + for the peace of mind and heart needed to live each moment fully, ...
- (Other prayers welcome.)



Prayer of St. Louise (All pray together, please.)
O Eternal Light, lift my blindness!
O Perfect Unity, create in me simplicity of being!
Humble my heart to receive Your graces.
May the power to love
which You have placed in my soul ...
result [in] the indwelling of the Holy Spirit. I pray all this in Jesus
through the intercession of St. Vincent, St. Louise and Mary our Mother. Amen.

(adapted from Spiritual Writings of Louise de Marillac, A.26, 1657, page 818)

+++++

Prayer Texts

- Matthew 6: 6 “Whenever you pray ...”
- 1 Thessalonians 5: 16-18 “Rejoice always, never cease praying ...”