

~A Free-Writing Awareness Examen~

I ask God for the light of the Holy Spirit—for the grace to see with God’s “eyes” and feel with God’s “heart”... I ask God to more deeply reveal the following to me in my writing, without judgment or conscious control...I pause and sit with the questions that particularly draw me, letting what touches me sink-in more deeply and unfold...

Awareness: God, I am aware that you are fully present to me at all times. As I receive your presence with me now, I feel...

Gratitude: As I consider my present life circumstances and relationships, I notice you are giving me these treasures.....

I am grateful...

Examination: These people, places, and practices open me up to receive the treasures of the present moment...

When I am grounded in the present, I feel...

Reconciliation:

I recognize I do not always trust you are present in the here and now. I find myself restless and wanting to escape the present moment to worry, avoid, plan, or control when...

...I am sorry for seeking my treasure elsewhere.

Hope:

God, I rest in this moment...open to the grace you have for me here in this place...(listen to God’s desires for you...what do you hear?)