Praying the Examen in Lent

A time to REPENT

Praying the Examen during Lent

Lent is a time when we try again and redirect our lives so to love God truly. During Lent we are called to repent, to change, to become less self-focused and to be fully open to who God is calling us to be.

Praying the Examen daily during Lent is great way to become more aware of God's presence in our lives, to know who God calls us to be and what God calls us to do as his disciples. What can help us to do that? As Pope Francis says in his 2023 Lenten message,

"We need to listen to Jesus"

“Lent is a time of grace to the extent that we listen to him as he speaks to us.”

Praying the Examen during Lent

1. BECOME AWARE OF GOD'S PRESENCE.
Look back on the day and take note of the times you were very aware that God was with you. Be aware of God with you now and ask to become more conscious of God's presence in your daily life.

2. LOOK BACK WITH GRATITUDE.
Think over the past 24 hours and notice what you're thankful for. What happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings.

3. BE HONEST ABOUT YOUR DAY
Ask the Holy Spirit to help you to recognise when, in the last 24 hours, you didn't live God's plan for your life. when you turned away from Jesus and chose another way... name sometimes when you sinned, made the wrong choice, hurt someone by your actions...

4. ASK FOR FORGIVENESS
Ask God for forgiveness, for the strength and grace to repent, to change, to be less selfish and ask for the wisdom to find a way to better handle such challenging moments in the future.

5.PLACE TOMORROW IN GOD'S HANDS
Ask God to guide you tomorrow by placing all your concerns, dreams and plans in God's hands, knowing and trusting in God's plan for your life. Ask that this Lent you will learn to listen to Jesus so that you can cooperate more fully with God's wonderful plans for you.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. -
Jeremiah 29:11