

5. If you have failed to respond to God's presence in some way, recount how you might respond more fully tomorrow. Ask God to heal those whom you may have offended or hurt this day and heal you of any failings, injuries. If you have sinned, express your sorrow, learn from your sin and decide to be more aware of God's presence the next day, especially in similar situations. Realize that God can heal any injury of this day in you or caused by you in another. Feel this healing power coming over you and bathing you in new strength through God's forgiving love. Make a purpose of amendment to sin in this way no more.

Finally, abandon to God the forth-coming day without anxiety or planning. Simply offer it to God, begging He will bless it, be there in each moment, helping those to live each moment in His loving presence. That day with its difficult moments, its joys, offer it all to God and ask that He be with you. Conclude by asking God to give you a rejuvenating night's sleep so you might serve Him dynamically tomorrow.

DAILY GROWTH IN FAITH

Examination of Consciousness

The Examination of the Consciousness is not an examination of conscience which focuses on the moral aspects of your life (what I have done wrong, etc). This "discernment examen" is a look at how God is and has been at work in your life and how you can draw closer to God in the daily activities of your life. This prayer follows five steps:

1. Each evening before retiring, place yourself in the presence of God. Recall by an act of faith, adoration, hope and love that God is very present, Father, Son and Holy Spirit. In their holy presence you are going to listen to God's many ways in which He has loved you today. Begin by praising and thanking God for the many gifts God has given you this day, the general gifts that are always with you (life, body, creation, family, friends, faith, vocation, etc.) and then the particular gifts of this day. Pray that you might see as God sees. Our vision is so limited. Pray that you might see the Spirit of God alive in the world and in the events of your day. Pray to see the world and your day through the EYES OF GOD!

2. As you look at your life, pray that you might take the perspective or viewpoint of a poor person. We often take things for granted because we are used to having things. A person who doesn't have much tends to rejoice over the smallest gifts that God has given. We wish to obtain the same insight.

3. Begin looking over the activities and events of your day and pray to see how God has been working in your life. How was God revealed to you today in the various events of your day? You might want to mentally walk through your day or you may want to center in on one or two events that were significant and notice what God was saying to you and how God was revealed to you.

4. How did you respond positively to God? Praise God for the blessings, opportunities and even challenges that were given to you today. Allow yourself to become more sensitive to the ways that God touches you throughout the day, in people and events.