

Meditation 2 (Afterwards) - Don Stephens

An 'Examen' for the End of the Day

At the end of the Spiritual Exercises of St Ignatius (in the 4th week after the contemplation of our Resurrected Lord appearing to his mother Mary) there is an exercise in which one contemplates the Love of God.

The form below, which can be used as a sort of 'Evening Office', has four parts. Today we seem to need things simplified, more relaxed, when encountering God, so use it as a whole or even just the parts that resonate within you....

1. Simply sit and list all that God has given to you that day, asking
"Lord, how have you loved me today?"

Then write it down – your life, your existence, your freedom, your faith, your need to love and be loved.

And then quietly recognise that you are, not just dependant, but contingent on God, and all that you are and all that you have, comes only from God.

Possessions, skills, talents, abilities.

Family, loved ones, friends, neighbours, companions, colleagues.

2. Then once you have listed them, return them to God, one at a time, saying simply

"Take Lord, it's yours, not mine.

Take Lord, they're yours, not mine."

Quite often, this act of returning them should include your poverty

of faith, your doubt, your blindness, your lack of response. Give it

all to God, the good and the bad, the darkness and the light, letting

God decide what needs to be removed, what needs to be enhanced and nurtured.

3. And then in the stillness, contemplate God's gift of herself/himself to you. Not just in scripture or in the sacraments, but in that initial first time you became aware of God. And the wonder of Gods love – as God forgives and restores, and forgives and forgives again. And the wonder of that forgiveness, as God loves and loves and continues loving us until the end of time

- 4 Remember that words are unable to capture all that God is, how they only give us a hint of her/his love – so now contemplate how

God labours for you, working for you, working in and through you.

Choosing to use you so that your hands become his hands, your lips become his lips.

Then sit and enjoy the silence - there is nothing more to say, nothing more you can say, and no need to say it. Allow yourself to be filled with the wonder of her/his love, within the wonder of her/his love...

Each day
is lived
as fully
as we can.

The sacredness
of the common
everyday things
affirmed,
the mindfulness
of God
and his action
remembered
as much
as possible.

Little acts
of creation
also participated in
whenever
we can
- for in them
we share with God
in his continual
act of creation...
