

Discernment Examen (Praying with a Holy Decision)

adapted from Mark Thibodeaux, SJ, *Reimagining the Ignatian EXAMEN*.

1. I begin my prayer in the usual way...coming into God's presence and pondering God lovingly looking upon me.
2. I spend a few moments in Gratitude for one or two blessings from today.
3. I take my decision to be a retreatant in the Bridges Retreat in Daily Life. I ask GOD to lay out the options before me. Do I desire to participate virtually for a period of time? Will I postpone the retreat until next year?
4. I ask GOD to show me how the factors related to this decision will affect my life. How will this Ignatian Retreat in Daily Life open me to an increase of Faith, Hope and Love? Has consideration of this retreat resulted in a consolation or desolation?
5. I ask GOD to give me an indication of how this participation may affect the people involved in my family, church and other group activities to which I am devoted.
6. I ask GOD to reveal to me my deep emotional reaction to commitment to the Bridges Retreat, especially if I have not yet acknowledged these emotions. Are these emotions of GOD or not of GOD? In other words, are these emotions coming from a place where I am in sync with GOD or from a part of me that is running from, opposing, or resisting GOD?
7. I pray in surrender to the will of GOD. I ask GOD to give me a sense of peace about my decision. I ask GOD to take me to the place within me that is beyond my emotions, seeking to see conceive situation from a more objective point of view. I imagine.
8. If I feel called to make the decision right now, I place the decision before GOD and ask GOD to make good of it, even if the decision is not for the best. If I am called to make the discernment longer, I ask GOD to give the grace of patience to wait for the resolution. I ask GOD to offer me graces to "nudge" me toward the better direction.

9. I close this EXAMEN with the Our Father or I may softly pray over and over again: Dear GOD, lead me to the decision that is of the greatest benefit for me, my family, my worship community and for the Bridges Community.