

Examen

Use these questions to prepare for your next spiritual discernment meeting. You do not need to respond to every question. Choose the one(s) which seem most important, helpful or urgent to you today.

Overview

- __ How do I feel today...content or uneasy?
- __ What's similar or different from the last time we met?

Events

- __ What significant thing(s) happened in my personal life, my family, the community or the world since our last meeting?
- __ In what way does that event affirm or challenge my faith, my relationship with Jesus, or my relationship to the faith community?

Feelings

- __ What made me feel angry ... sad ... resentful ...guilty ... grateful ... proud... joyful ... content?
- __ What am I excited about ... worried about ... afraid of ... looking forward to ... not looking forward to?

(over)

God's Presence

- __ In what way(s) have I been surprised or disturbed by God's presence, love and compassion since our last meeting?
- __ Where did I see Jesus since our last meeting? Where did I see a need for Jesus' presence?
- __ When or how have I been challenged, affirmed or enlightened by my experience of Church since our last meeting?

Prayer

- __ How have I been touched by prayer recently?
- __ What insights, concerns or challenges emerged from my prayer?

Needs and Concerns

- __ What needs or concerns do I have today?
- __ Who or what might help me with them?

Resolution

- __ What do I hear God calling me to do?
- __ What decisions do I need to make?
- __ What changes do I want to make?
- __ What changes am I prepared to make?
- __ What are my immediate goals?
- __ What are my long-range goals?